

SPECIAL EDITION

Pastoring Your Kids



PLANNING YOUR WEEK:

1

Sunday

CHURCH TIME

2

Monday or Tuesday

BIBLE TIME

3

Thursday or Friday

FAMILY TIME

WEEK 8

AGAPE

**BE ANGRY & DO NOT
SIN**

MEMORY VERSE:

Ephesians 4:26, "...don't sin by letting anger control you. Don't let the sun go down while you are still angry." **(NLT)**

BOTTOM LINE

Don't sin by letting anger control you.

2. BIBLE TIME

READ:

- Proverbs 12:16 NIV
- Galatians 5:19-21
- Ephesians 4:26

MAIN POINT:

The Bible is clear that anger can cause us problems. God isn't saying we can't feel angry; He doesn't want us to sin because of our anger. When some people are angry they yell, hit, slam doors, stomp their feet and sulk.

QUESTIONS TO ASK:

1. What things make you the angriest?
2. When you are angry what do you feel like doing?
3. How does God want you to handle the situation when you are angry?
4. Why does the Bible say to not go to bed angry?

DISCUSS:

God wants us to do 3 main things when we're angry:

1. Don't get angry about small things – overlook them.
2. When we are angry use self-control – don't act out on anger.
3. Don't go to bed angry – if another person made you angry talk about it calmly and forgive them. If a situation makes you angry talk to God about it and let it go.

3. FAMILY TIME

SPILL THE BEANS

MAIN POINT:

Don't sin if you get angry.

WHAT YOU NEED:

The game "Spill the Beans" (Wal-Mart or Target for \$5) and snacks

WHAT YOU DO:

- Gather the family for game night! Sit down together and play the game.
- "Spill the Beans".
- As you are filling the pot with beans take turns discussing things that can make people angry. Whoever makes the beans spill, has to take all the extra beans.
- The winner is the

first one to fill the pot with all their beans without spilling it.

AFTER THE GAME:

- In God's eyes, we can be a winner if we can be angry without the anger spilling over into our actions.
- When we are angry and yell, hit, get revenge, or pout we are the ones spilling the beans! Anger is like those beans – it's ok to have (or to feel angry) but it's not ok to let that anger "spill" over and cause you to lose control.
- Next time you feel angry, stop and think before you spill the angry beans!
- You could also do the same activity with the game Perfection (put the pieces in place without letting them jump out) or Operation (put the bones where they go without setting off the alarm).