



3. SMALL GROUP Lesson

DON'T POP THE BUBBLE

PROPS NEEDED: Piece of bubble gum for each child.

LESSON:

- Have the children stand up in a circle and have a bubble gum blowing contest.
- Pick the 2 with the biggest bubbles. Have a second contest (between your 2 still standing).
- Explain that this time you want them to blow the biggest bubble they can, but the trick is they can't let it pop.

POINT TO MAKE:

- Explain that bubble gum can be like ANGER.
- We all chewed gum, and all of us have been angry at times.
- There is nothing wrong with being angry; anger becomes a sin when we don't control it.
- The Bible tells us to use "self-control"; which means we choose not to explode in anger. Some people yell, hit and throw things when they are angry; it's like when they get really angry they just "pop" and do things they shouldn't.
- When a bubble gum bubble gets too big it will pop. When anger gets too big in you - you "pop".
- The contest is like life- it's ok to get angry, just don't let it pop!
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SPIRITUAL EXERCISE:

- Decide that next time you get angry you're not going to "pop"!
- Talk about if you get angry how do you deal with it and not "pop".
 - Go into another room, remove yourself from the situation.
 - Have a scripture handy.
 - Talk to your parents.

QUESTIONS TO ASK:

1. What kinds of things make you angry?
2. How do you act when you are angry?
3. Do you think God thinks it's ok for you to feel angry?
4. How does God want us to react when we are angry?



Super Church 2.0 Small Group Notes

SMALL GROUP SCHEDULE

1. Pre-Service Activity
2. Bible Time
3. Small Group Lesson
4. Activity Page
5. Dismiss

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.



1. PRE-SERVICE Activity

- During the Pre-Service Activity, group leaders will direct conversation and games to help kids make friends at church.
- As a group leader you have the choice of Ice Breaker Questions or Game to use as the children arrive.

ICE BREAKER Questions:

Question #91:

- What is your favorite room in your house?

Question #569:

- What is your favorite thing to do in the spring time?

ICE BREAKER Game:

“Musical Chairs”

- Form a circle with chairs with the seat facing out, use one less than the number of children in the group.
- Using an IPOD or CD player, play a song and play Musical Chairs.



2. BIBLE Time

READ THE BIBLE:

1st-2nd Grade - Day by Day Bible: This story is not in the Day by Day Bible

3rd Grade and up - NIV Bible: Genesis 4:1-16

- Have each child read one verse out loud.
- Go around the room.
- This works best if everyone uses the same, easy-to-read translation of the Bible.

BIBLE STORY:

The Angry Brother

BIBLE CONNECTION:

Adam and Eve had two sons named Cain and Abel. One way that they were to worship God was with their offering. They had to bring an animal sacrifice. When they grew up Abel took care of the animals, and Cain was a farmer. It was time for them to give an offering to the Lord. Abel brought the best of his firstborn animals and Cain brought the best of crops. Cain did not bring the correct offering. God was happy with Abel's but not Cain's offering. So Cain became angry, lost control and killed his brother.

BIBLE QUESTIONS:

1. What did Abel bring to God as an offering? (a firstborn animal)
2. What did Cain bring as an offering? (fruit)
3. What were they supposed to bring for an offering? (an animal sacrifice)
4. Was Cain's anger just? (no he disobeyed God)
5. Why did Cain kill his brother? (he allowed his anger and emotions to rule him)

POINT TO MAKE: *It was ok that Cain felt angry (even though it was his own fault for disobeying God), but it was not ok to hurt (and murder) his brother because of his anger. Cain allowed his anger to control him and it affected the rest of his life.*