

# Alley SG - January 12-13, 2019

**Bible Story:** Fool to Think (Slow to Anger) • *Proverbs 16:32*

**Bottom Line:** Think before you lose your temper.

**Key Question:** What can you do to keep your cool?

**Memory Verse:** "His divine power has given us everything we need for a godly life..." 2 Peter 1:3a (NIV)

## 1. Take a Snapshot

**What You Need:** "Angry? Cards" (1 set per group), "Angry? Responses" Activity Page (one per kid), pens

### What You Do:

- **Gather** kids in a circle.
- **Pass** out pens and the "Angry? Responses" Activity Pages.
- **Read** the "Angry? Cards" scenarios out loud (1 at a time).
- **Ask** kids to circle the corresponding emoji, representing how angry each situation would make them.
- **Explain** the rating scale:
  - One = not angry at all
  - Two = annoyed
  - Three = angry or upset
  - Four = furious
- **Point** out that the scenarios on the cards have numbers as well as the boxes on the Activity Pages. **Instruct** kids to pay attention to which scenario they are rating and to choose the correct box.
- After everyone has finished, **discuss** the results:
  - What situations made people angry or furious? Why do you think that is?
  - What situations didn't seem to make people angry? Why do you think that is?
  - What situations had the greatest range of ratings? Why do you think the ratings were so varied?

## 2. Discussion Questions

- What situations make you angry? Why?
- How do you feel after you lose your temper and do something you shouldn't do?
- What can be the consequences of losing your temper?
- What are things you can do to stay calm?
- Give an example of when you kept your cool and it was not easy. What did you do to remind yourself to have self-control?

## 3. Verse to Take with You

**What You Need:** Bibles, pens, paper

### What You Do:

- **Explain** that the book of Proverbs is part of God's story.
- **Share** some facts about Proverbs.
  - Proverbs was mostly written by Solomon.
  - Solomon asked God for one thing: wisdom. God blessed Solomon and gave him incredible insights about how to live.
  - Solomon wrote Proverbs to record the way God wants us to live and treat each other.
  - Proverbs is called a "wisdom" book because God, through Solomon and Proverbs, gives us His wisdom how we should live.

- **Encourage** kids to pair up and find the below passages in Proverbs about being patient and not losing your temper:
  - Proverbs 14:29
  - Proverbs 15:18
  - Proverbs 16:32
  - Proverbs 25:28
  - Proverbs 29:22
- **Allow** time for kids to share their verses with the group and to pick one verse that speaks to them.
- After everyone has selected a verse, **play** a variation of “Red Light/Green Light.”
- **Give** each kid a pen and paper.
- To play:
  - When you say, “GO,” kids should write as many words of the monthly verse as they can. **“His divine power has given us everything we need for a godly life...” 2 Peter 1:3a (NIV)**
  - When you say, “Wait,” everyone puts his or her pen down and stops writing. Anyone who continues to write is disqualified.
  - Once a kid has written down all the words of the verse, including the reference, he or she stands up and reads the verse out loud to be sure it’s correct.
  - Declare a winner and then let the others continue to compete.
- After a couple of rounds, **ask** if anyone can say the verse without looking at it.
- **Challenge** kids to spend time this week memorizing the verse and when it is hard to be patient, when they feel themselves about to lose it, encourage them to say their verse three times to help them to keep their cools.

*Tip: The verses kids selected may not be the same length or some verses harder than others. This provides an opportunity to talk about keeping your cool when a situation doesn’t seem fair.*

#### 4. Make it Personal with Prayer

**What You Need:** Thick Banded Rubber Bands (1 per kid, per service), Permanent Markers (5 per group)

##### What You Do:

- **Encourage** kids to create a mantra/phrase to help them keep their cools.
- If necessary, **prompt** them to use the verse they read in the Verse to Take with You Activity.
  - For example: For Proverbs 16:32, a mantra could be “Don’t take a city.”
- **Give** kids a rubber band.
- **Encourage** kids to write their mantras on the bands as a reminder to be slow to anger.
- **Close** in prayer.

##### What You Say:

*“God, You are so patient, and You understand that we struggle at times with self-control and keeping our cools. You tell us to be slow to anger and that our tempers can stir things up. You tell us that self-control can bring calm to our lives. We know that to live a godly life we need to be patient and to think twice before losing our cools, and we know You give us the power to respond to situations with self-control. Help us remember that we honor You when we think before we react and when we demonstrate self-control. Amen.”*

**BEFORE DISMISSAL: AT “COMMUNION CALL”**

**HAND OUT “GOD TIME” CARDS TO EACH STUDENT BEFORE DISMISSING AND ALLOW THEM TIME TO BEGIN WORKING ON THE WEEKLY ACTIVITY**

**IF STUDENTS BRING THEM BACK THE FOLLOWING WEEK, THEY RECEIVE \$3 IN ALLEY CASH!**