

# Alley SG—January 16th, 2022

**Today's Bible Story:** Bad Blood (David Spares Saul's Life) • 1 Samuel 24

**Today's Key Question:** What makes you angry?

**Today's Bottom Line:** Don't be controlled by your anger.

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

## 1. Bible Story Extension

**What You Need:** Bible

**What You Do:**

- Pair girls with girls and boys with boys.
- Ask kids to stand with their partner.
- Ask the teams the following true or false questions (based on the Bible Story today)
- Let each team give their answer
- reward a point to each team who has the correct answer

True and False Statements:

- 1) Today's story is found in 1 Samuel. (*true*)
  - 2) David and King Saul were close friends. (*false; they were enemies*)
  - 3) Saul accidentally tore his robe while getting off his camel. (*false, David cut a piece off*)
  - 4) King Saul was hunting for David because he wanted to see if David knew how to fix the tear in his royal robe. (*false; he was looking for David to kill him*)
  - 5) Saul took 3,000 men with him when he went to search for David. (*true*)
  - 6) Just when Saul was closing in on his hunt for David, Saul was called back home because the Philistines were attacking Israel. (*true*)
  - 7) David was hiding from Saul in a thick forest. (*false; he and his men were in a cave*)
  - 8) David cut off a lock of Saul's hair. (*false; he cut off the edge of Saul's robe*)
  - 9) David's friends wanted him to kill Saul. (*true*)
  - 10) The main reason David didn't kill Saul was because he was scared. (*false; he knew that Saul was God's anointed king and he trusted God's plan*)
- Ask kids if they have any questions about the story before moving on to discuss how this story applies to their own lives.
    - Did David have good reasons to be angry with Saul? Explain why or why not.
    - How did David show self-control in a situation where others were encouraging him to take out his anger?
    - Are there times when it's okay to be angry? If so, when is it okay?
    - What's the difference between anger that is okay and anger that isn't? How can you tell the difference? How do you respond well to each of them?

## 2. Take a Snapshot

**What You Need:** No supplies needed

**What You Do:**

- Remind kids that even though we get angry at times, we shouldn't let our anger get out of control.

- Ask:
  - Most of the time, we get angry because we don't get our way. Think about the situations that make you most angry. What triggers that feeling or sets you off?
- Invite kids to use some of their experiences and understanding of anger to tell an ongoing story.
- Explain that you'll begin the story by saying, "If we get our homework done, we'll go to the party."
- They will take turns adding to the story by repeating the last part of the previous sentence then adding a new part.
- Follow the "if . . . we'll . . ." pattern for each turn. Here's an example of how it might go.
  - Leader: If we get our homework done, we'll go to the party.
  - Kid 1: If we go to the party, we'll see our friends.
  - Kid 2: If we see our friends, we'll play a game.
  - Kid 3: If we play a game, someone will lose and get upset.
  - Kid 4: If someone gets upset, we'll have to stop the game.
- Keep the pattern going with the goal of building to a climax in which someone in the story gets angry.
- Let the story run its course and then move into an ending that either brings the consequences of losing control, or of a solution that leads to a happy ending.
- If kids get carried away with the plot instead of moving in the direction of an ending, interject a sentence that helps turn the story around.
- If time allows, repeat with another scenario or let kids come up with their own.

#### **What You Say:**

"We should never let our anger get out of control. God wants us to exercise self-control and to be aware of our emotions and anger. Scenarios and situations can affect us, but God can help us to not let our anger get out of control!"

### **3. Anger Challenge**

**What You Need:** ball pit balls (1 per kid)

#### **What You Do:**

- Give each kid a ball.
- Inform kids that they are going to do some exercises that challenge them to not get angry.
- Remind them that "God wants us to control our anger!"
- Lead kids in the following steps:
  - Stand on one leg, then raise and bend your other leg so that your thigh is parallel to the floor.
  - Hold the ball in the hand that's on the same side of your body as the leg that is raised.
  - Toss the ball up, over the raised leg, and quickly move the same hand to reach under the raised leg to catch the ball.
- After they play one round, ask, "How can God help you when you get angry or frustrated?"
- After they answer challenge kids to try the challenge again (they can try the other leg if they master the first one.)

#### **What You Say:**

"A game like this can be very frustrating. It's a challenge to not get angry and quit. Ever feel that way about other things? We all find ourselves in situations that make us angry. Sometimes we get mad at ourselves when we can't do something we're trying hard to do. Other times, we might find ourselves upset and angry with someone who annoys, hurts, or bullies us. In today's Bible story, someone had a chance to get even with an enemy who was making his life miserable. But he didn't!"

## 4. Discussion Questions

### Ask:

- What is it about anger that makes it so hard to control?
- What situations make you angry? Why?
- 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?
- What are some things you can do to help you remember to stop and think before losing your temper?

## 5. Make it Personal with Prayer

**What You Need:** No supplies needed

### What You Do:

- Before you pray, remind kids that God is so patient with us and will give us what we need to control our anger.
  - God knows we struggle at times with self-control and keeping our cool and understands us.
  - Through God's power we can respond to situations with calm and self-control, in order to honor God and show love to others.
- Lead the kids in a responsive prayer. When you pause, they should all say, "Hit pause before I lose it."

### What You Say:

"Dear God, please help me when I am frustrated at school to . . ."

"And when that one kid keeps bugging me, help me to . . ."

"When my parents make me mad, help me to . . ."

"If my team loses a game, and I feel upset with the kid who messed up, help me to . . ."

"Remind me to do the wise thing and . . ."

"Because that's what following You is all about. Amen."