

# City SG—January 16th, 2022

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

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

**Monthly Memory Verse:** *God's power has given us everything we need to lead a godly life.* 2 Peter 1:3a (NIV)

## 1. Memory Verse Focus

**Non-Reader Option highlighted below**

**What You Need:** Aluminum foil (2 rolls per Group), sticky notes, Bibles

### What You Do:

- Look up the memory verse, 2 Peter 1:3a, together in a Bible and read it out loud.
  - **If this will be hard for your aged group, you can find the verse before SG time in the Bibles and mark the page with a sticky note. Then you can ask the kids to turn to the marked page.**
- Divide your kids into two teams.
- Instruct the teams to stand close together, back-to-back.
- Wrap each team together with foil. Wrap them a few times around, in the middle of their bodies so their faces are still visible, their hands are free, and they can still use their legs and feet.
- Stand on the opposite side of your space from where the teams stand, and hold the Bible open to the memory verse.
- Instruct each team to move down to you and the Bible, read or recite the verse together, and move back to the original starting point.
  - **If your group cannot read yet, simply have them repeat the Memory Verse after you.**
- Remind kids that they, collectively, are in control of their foil.
- If the foil breaks completely, the other team automatically wins.
- As they move, continue to remind the kids that they are in control of the foil! Encourage them to figure out a way to move together with control so the foil stays intact.
- The first team to complete the task, wins!

**NOTE: The foil will most likely break in some parts. But if the foil completely breaks off of the team, give the win to the other team.**

### What You Say:

"You did an amazing job staying in control of your foil! What was the most challenging part of controlling the foil? (*Allow time for responses.*) Showing self-control in the real world is harder than walking across a room with a group of friends while you're wrapped up in foil! But this verse reminds us that God's power has given us everything we need. We can have self-control for whatever we face because God gives us the power of the Holy Spirit when we believe in Him.

**[Bottom Line]** "Don't be controlled by your anger. This week, when you find yourself getting angry and you're tempted to make a bad choice, remind yourself that you have the power to keep your cool and be in control of that emotion. You can stay in control, just like you were in control of the foil in the game today!"

## 2. Angry Face

**What You Need:** “Angry Face” Pages (blank face, face parts), jumbo craft sticks, glue sticks, scissors, markers

### What You Do:

- Give each kid a set of “Angry Face” Activity Pages, and a craft stick.
- Set out the scissors, glue sticks, and markers.
- Instruct the kids to cut out their face and the other parts of the face that they want to use.
- Direct the kids to decorate and design their face by gluing on the parts they chose.
- Tell the kids they can also draw extra details and give the face some color.
- Once the kids complete their faces, instruct them to glue it to a craft stick so they can hold it up like a mask.
- Allow kids time to show their friends the angry masks they created!
- While Kids are working on their Angry Faces, ask these Bible Story Review Questions:

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?

### What You Say:

“These angry faces look pretty goofy but being angry in real life doesn’t feel goofy. It can cause us to do the wrong things if we let it control us! God can help us to show self-control and not let our anger get the best of us!”

### 3. Work Out the Anger

**Non-Reader Option highlighted below**

**What You Need:** “Work Out the Anger” Activity Pages (12 per service) and markers

#### What You Do:

- Let kids choose a “Work Out the Anger” Activity Page and a marker.
- Instruct kids to think of something that makes them angry.
- Allow a few kids to share, but make sure the conversation doesn’t derail into negativity.
- Ask, “Who can help you make a wise decision when you are angry?” answer: God
- Point out the list of “anger solutions” at the bottom of the page.
  - **If needed, you can also read this list to your group.**
- Instruct kids to choose a few things from the list and write one in each thought bubble.
  - **If needed they can draw solutions instead of writing words as well!**
- As they write/draw, engage them in conversation about which anger solutions they chose and why.
- Ask if anyone has ever used one of the solutions they chose.
- As they finish, let them hold up their pages and show each other which solutions they chose.

#### What You Say:

“A lot of times, we think of anger as a bad emotion. But anger isn’t always something bad. Sometimes things should make us angry. Like when a friend is treated unkindly by other kids or you see someone who doesn’t have a place to live or when something hard happens to your family.

“And sometimes, other things make us angry, like what you all shared earlier. (*List a few of the examples kids shared earlier in the activity.*) When we make healthy choices in response to our anger, we are in control of our anger. We are showing self-control. When we allow our anger to cause us to make bad choices, we are BEING controlled by our anger. Do you see the difference? This week, pause any time you feel anger rise up. Use this worksheet. Write what you are angry about on it somewhere. And do one of the actions you wrote in the bubbles. **[Bottom Line] Don’t be controlled by your anger.** Remember these steps and ask God to help you make a wise choice when you’re angry.”

### 4. Pray and Dismiss

**What You Need:** Activity Pages from “Work Out the Anger” Activity

#### What You Do:

- Encourage kids to focus on the anger example they wrote on the “Work Out the Anger” Activity Page.
- Close your group time in prayer.

#### What You Say:

“Dear God, thank You for the emotions You have given us! We know that You gave us these emotions so we can feel, become passionate, and change the world around us for the better. Please forgive us for the times we have allowed our anger to control us instead of showing self-control! Teach us to use our anger to help and not hurt. Please guide us with Your Holy Spirit and remind us, **[Bottom Line] don’t be controlled by your anger.** We love You, and we ask these things in Jesus’ name. Amen!”