

Activity: Anger



FAMILY TIME
TRAINING

Teaching Goal: Anger leaves a mark on other people.

Scripture: Psalm 37:7-8 Be still before the Lord and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil.

Colossians 3:8, 12 But now you must rid yourselves of all such things as these: anger, rage, malice, slander and filthy language from your lips...clothe yourselves with compassion, kindness, humility, gentleness and patience.

Materials: One or more bottles of carbonated soda pop (red or bright color)
One or more bottles of a non-carbonated drink (water, lemonade, etc.)
Drill
Newspaper or butcher block paper
Marker
Tape or push pins

I. Lesson and Discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. DISCUSSION: **Lots of people, including men and women in the Bible, have gotten in trouble because of their anger. Can you name some?** *Cain killed his brother, Abel, when he was angry. Pharaoh was angry with God and refused to obey Him. This led to ten plagues - including one that caused the death of his son. Moses wasn't allowed to go into the Promised Land when, in anger, he hit a rock with his staff. Jacob had to leave home because his brother Esau was so mad. Samson's anger led to violence and imprisonment. Before he became a believer, Paul's anger led him to persecute Christians.* **Can you think of a time when you were angry or someone at school, on a sports team or in the neighborhood was angry?** Listen to answers.

There are times when anger is good. In the Bible, God gets angry when His people (the Israelites) don't follow Him. Jesus got angry when business people would sell things in the temple for unfair prices. Jesus also got angry with leaders in the community who didn't show mercy or grace toward people who needed help. **Can you think of a time when you were angry for a good reason?** Listen to answers. Help children understand the concept of good anger by sharing a personal example.

Most anger is bad and it can be very dangerous. Anger can hurt the people around us. When we reduce the anger in our lives, we hurt people less.

B. ACTIVITY: Spread out a large amount of newspaper or butcher block paper on the floor. Using a marker that won't bleed, trace the body outline of a volunteer—at least from the

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waist up. Tape or use push pins to attach the image on a fence or a tree where you won't mind spraying soda. **This drawing represents an umpire at a baseball game.**

Carefully remove the tops from a bottle of carbonated soda and a bottle of non-carbonated drink. (PREFERRED: After removing the lid, drill or nail a hole in the cap. Replace the cap before shaking. It is easier for younger children to cover the small hole with a thumb or finger. The small hole also causes the drink to spray farther.) Ask for two volunteers, one to hold the carbonated and one to hold the non-carbonated drinks. When directed, the volunteers will hold a thumb over the top of their bottle and shake the drink.

Read the story below. (FEEL FREE TO SUBSTITUTE A REAL EXPERIENCE FROM YOUR LIFE instead of this fictional example.)

I'm going to tell you a story about two parents at a baseball game. The bottles of drinks represent the two parents. The image on the fence/tree/wall represents a baseball umpire. When I direct you to do so, put your thumb over the top of your drink and start shaking.

There were two parents at a very important baseball game. The winning team would go on to the state championship game. It had been a close game and many times the umpire had to make calls that seemed to favor the other team.

Both parents were getting nervous. Their team was down by one run going into the last inning. With two outs, their best player came up to bat and hit a ball all the way to the fence. There was a runner on first and if he could score it would tie the game. The runner made it around third base and started heading home. The outfielder picked up the ball and threw it toward home plate. It was going to be close!! The runner slid, the catcher caught the ball and tagged the runner. Everyone watched as the umpire called the runner out!

Okay, start shaking your bottle. When you feel the pressure building against your thumb, slide it off slightly and point the bottle toward the umpire drawing. Take time for kids to try and spray the image with both drinks. The carbonated drink will spray and the non-carbonated drink won't spray. The bottles represent the parents. The shaking represents stress. The carbonation in the soda represents anger. When life gets stressful, the person with anger inside will start to explode. The person who explodes will say and do things that hurt other people.

The game was over and one parents' team lost. Both parents were disappointed but one, represented by the bottle with a carbonated drink, exploded with anger!! This parent started yelling bad words at the umpire. He went down to the fence and started screaming until his face turned red. His son, who was a player on the losing team, was very embarrassed by his parent's angry outbursts. Another person in the stands remembered seeing this angry parent at church. The umpire was concerned that the angry parent

might start a fight. The umpire called for security guards to help and they physically removed the parent from the ballpark.

The other parent, represented by the non-carbonated drink, who was also disappointed, went down to the field, comforted his son and congratulated players on the other team. He thanked the umpire for his service.

Both parents experienced the same stressful situation but one was filled with anger and the other wasn't. They handled the same situation very differently.

In this story, who was hurt by the parent's anger? The umpire, the son, the parent himself, his church, others connected to the losing team, maybe even the winning team are all possible answers.

Invite volunteers to read Psalm 37:7-8 and Colossians 3:8,12. **The Bible tells us to watch out for anger! Instead of anger, we need to show compassion. Instead of anger, we need to show kindness. Instead of anger, we need to show patience.**

C. REPEAT. If you have extra bottles of drink, you can repeat the activity. As a family, see if you can come up with another story with two people where one responds in anger and the other doesn't.

II. Close in Prayer

III. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.