

Jesus Teaches about Anger

Lesson At-A-Glance

Scripture Reference
Matthew 5:21-37

Lectionary Sunday/
Church Season
Epiphany 6

Lesson Focus
Forgiveness shows God's love.



Gather (10 minutes)

	Spark Resources	Supplies
Arrival Time Kids sort matching objects into pairs and do an Activity Page.	Activity Pages 	Markers, pencils
Circle Time Kids greet each other with a class cheer, hear about the lectionary season, and play a word-match game.	Leaflet	None
Prayer Time Kids find out what fits together for prayer.	None	None

Open the Bible (15 minutes)

	Spark Resources	Supplies
Jesus Teaches about Anger Storytelling Leader or kid reads aloud from the Spark Story Bible, and kids put together God's messages of love and forgiveness.	Spark Story Bibles	Card stock, scissors, Bible Story puzzle on page 133
Love and Forgiveness Kids rap about Jesus' message of respect and kindness.	Leaflets, Lesson Stickers	None
Words of Love and Respect Kids practice using helpful words.	Leaflets	Pencils

Activate Faith (15 minutes)

	Spark Resources	Supplies
The Way to Forgiveness Kids solve simple math equations to show the way to forgiveness.	Leaflets	Pencils, markers
When We're Angry Kids identify what happens to our bodies when we are angry.	Leaflets	None
Get Over It! Kids navigate an obstacle-course game that challenges them to jump over, go around, and go under anger.	None	Classroom furniture and materials (chairs, books, pillows, and tables), paper, markers, tape

Send (5 minutes)

	Spark Resources	Supplies
Good-bye Time Kids select what they will do at home this week, say the lesson focus statement, and do a good-bye action rhyme.	Leaflets	Pencils, scissors
Prayer Time Kids pray a pair prayer.	Leaflets, Family Pages 	None



Looking for additional Spark content to further engage kids? Visit wearesparkhouse.org/kids/SHOSS to learn more about these options for purchase.

- The Director's CD-Rom contains Activity Pages, Coloring Pages, Family Pages, Large Group Openings, and two additional in-class activities for each lesson.
- A Spark Online annual subscription gives you access to all content contained in the Director's CD-Rom and the Spark Leader Guides, plus administrative tools and other extras.

Gather (10 minutes)

Arrival Time

Set out markers, pencils, and copies of the Activity Page for this lesson.

Today we're going to figure out things that go together. Let's all take off our shoes and put them in a pile. Close your eyes tightly. I'm going to scatter your shoes all around the room. Be sure to place individual shoes in different areas of the classroom. **When you open your eyes, I want you to find a pair of shoes that is NOT your own. Once you find two shoes that go together, you've made one match. Then you have to find out whose shoes they are to make the second match.**

Invite kids to do the Activity Page. When all kids have arrived, invite them to join you in a circle or small group.

Spark Resources

Activity Pages



Supplies

Markers

Pencils

Circle Time

Let's all stand in a circle and put one hand in the middle, so our hands stack on top of each other. Place your hand in first to demonstrate. After everyone has a hand in the circle, shout together, **God loves everyone! God knows our names! Now, we'll each shout our own name out loud and lift up our hand starting with the person whose hand is on top.** Kids take turns saying their names, in the order their hands are stacked from top to bottom. After all names are said, tell everyone, **Raise both of your hands high and shout, "Praise God!"**

If the kids in your class tried the Faith on the Go! activities from last week's leaflet, be sure to invite kids to share what they did. Ask everyone how they showed love to someone or helped another person during the last week.

Hold up the leaflet, and point to the star on the green background. **In church we are learning to tell church time. In church time, we are in Epiphany. Epiphany is the time after Jesus is born when the wise men came to visit. The wise men came from faraway places. How did they find Jesus? (They followed the star.) The wise men showed that the whole world wanted to know Jesus. Let's listen to the last sentence from our Bible story for today, Jesus Teaches about Anger. How wonderful the world would be if everyone followed Jesus' words! The whole world would be wonderful. The whole world wanted to know Jesus. Those two sentences fit together.**

When we came in today, we figured out things that go together, like finding pairs of shoes and the person they belong to. Now, let's play a game. Let's think of some words that fit together. What goes with peanut butter? (jelly) What goes with salt? (pepper) Now, let's think of people. In the Bible, who goes with Mary? (Joseph or Jesus) Who did God create to go with Adam? (Eve) Two things are going to fit together in our Bible story today. I wonder what they will be. After we say our prayer, we'll read our Bible story and find out!

Spark Resources

Leaflet

Supplies

None

Prayer Time

Show me your left hand. Show me your right hand. What do we do with our hands when we pray? (*We put them together.*) **That's right. Our hands fit together when we pray. There are two other things that fit together when we pray: God and us.**

Let's fit our hands together and pray now.

Dear God,

Thanks for our hands.

We put them together to pray to you.

Thanks for listening to us.

Help us to follow your ways.

Amen.

Spark Resources

None

Supplies

None

Open the Bible (15 minutes)

Jesus Teaches about Anger Storytelling

Before class, copy page 133 of this guide on card stock and cut out the puzzle pieces to make the puzzle.

Today's Bible story is called Jesus Teaches about Anger. Have you ever been angry? Pause. **How does it make you feel? When we're angry, we feel bad and mad all at the same time. It's not a good feeling. Did you know that we all get angry? Even Jesus got angry! Jesus wants us to be loving and happy. Let's read our story, from the Gospel of Matthew in the Bible and find out how Jesus' words can help us when we're angry.**

Pass out the Spark Story Bibles and invite everyone to find Jesus Teaches about Anger, on pages 272-273. Wait until all kids have found the story, assisting those who may need help. Encourage kids to follow along as you read or ask for a volunteer to read aloud.

How many people like to put together puzzles? We have a puzzle to solve about our Bible story. It's a puzzle because we have to figure out what fits together. When we came in today, we found shoes that fit together and we found shoes that fit feet. In Circle Time we played a game about words that fit together. Now we're going to try to fit pieces of a puzzle together.

Here is a puzzle piece for each of you. Give each kid a puzzle piece. (If you have more than ten kids, have kids work with a buddy. If you have fewer than ten kids, hand out two puzzle pieces to each kid.) **Let's read the words on each piece.**

Spark Resources

Spark Story Bibles

Supplies

Card stock

Scissors

Bible Story puzzle on page
133

Help kids pronounce and define their words. **Now let's all work to put our puzzle together.** Give kids time to try to put their puzzles together. (The only pieces that will fit together have the words GOD'S LOVE and FORGIVE on them.) **What happened? Why can't you get the puzzle together?** (*The pieces don't fit together.*) **Do any of the pieces fit together?** (*yes, "God's love" and "forgive"*) **Why do you think only those two pieces fit together?** Affirm responses. **In the Bible story, Jesus teaches that when we forgive others, we show God's love. If you have a piece that doesn't fit with another piece, read the word on your piece out loud. Let's throw all of those pieces in the trash can. Then we can remember the important words from Jesus' message: "forgive" and "God's love." Forgiveness shows God's love.** Let kids read the remaining words aloud, then throw those pieces in the trash can.

Have a brief conversation about the story. Ask the kids these questions:

- 1. What does Jesus want us to do if we're angry with someone?** (*Talk to them about what makes us angry, work the problem out, and forgive each other. Forgiveness shows God's love.*)
- 2. When should we use God's name?** (*We should use God's name for worship, prayers, and praise.*)
- 3. Why is it sometimes hard to forgive someone?** Affirm all responses.

Love and Forgiveness

If kids are not already seated at a table, move to one for this activity. Give each kid a leaflet.

Let's look at the Bible story picture on the front of our leaflet. Someone's mouth from our story is missing. Lots of kind and loving words about God have come from this mouth. Can you guess whose it is? (*Jesus*) Hand out large stickers to kids. Pause to give kids time to place their stickers.

God put two wonderful things in our hearts: love and forgiveness. God knows those two things give our heart a steady beat—love, forgiveness, love, forgiveness. Say them in a strong 1-2 rhythm. **Let's keep the beat with our feet while we say this rap.** Demonstrate how to stamp your feet in place, four beats per line. Practice this before beginning the rap. The beats are marked with Xs over the words.

X X X X

Je-sus said, "Now lis-ten,

X X X X

To the words I say:

X X X X

Don't call o-thers bad names

X X X X

Put bad words a-way.

X X X X

When some-one makes you an-gry

X X X X

Work the pro-blem out.

X X X X

Go and talk right to them.

X X X X

For-give and do not pout.

X X X X

Show kind-ness and re-spect for

X X X X

Friends and fa-mily, too.

X X X X

Use God's name with love, 'cause

X X X X

God loves and cares for you!"

Let's look at the bottom of this page and read about where we can find this story in the Bible. Today's Bible story, Jesus Teaches about Anger, is from the Gospel of Matthew. Jesus was Matthew's favorite teacher. When Matthew wrote his Bible book about Jesus, he put in lots of important words that Jesus used to teach people about God, like love and forgiveness.

Give kids the three words stickers. **Now look at the bottom of the third page in your leaflet. It has the same words that we just read, but it's missing some**

Spark Resources

Leaflets

Lesson Stickers

Supplies

None

important words. Use the word stickers to fill in the blanks. Which word do you think goes where? (*teacher, love, forgiveness*) After attaching the stickers, read the statements together.

If you are interested in teaching your kids a Bible Memory Verse from this story, use this one. Teach it to them by inviting them to echo what you say, one phrase at a time.

"Leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift." Matthew 5:24

This Bible verse means that before we go to church to worship God, Jesus wants us to forgive each person who has made us angry. Jesus knows that when we forgive others, we feel better. We heal our friendships. We mend bad feelings with God's love.

Words of Love and Respect

Invite kids to open to the second page of their leaflets. **Jesus teaches us to use kind words and show respect to others. We're going to match these pictures with the kind words that go with them.**

Spark Resources
Leaflets

Let's look at the kite in the tree. Oh! Oh! Let's imagine that it's your kite stuck in the tree. One of your friends was flying your kite when it got stuck in the tree. What kind words could you say to your friend to help your friend feel better? (*I forgive you.*) **Use your pencil to draw a tangled kite string line between the picture of the kite stuck in the tree and the words "I forgive you."** Give kids time to draw.

Supplies
Pencils

Now look at the boy holding the apple. What do you think he is going to do? (*give the apple to someone*) **The boy is giving someone the gift of an apple. What is the most surprising gift you have received?** Affirm responses. **What kind words do you say when someone gives you a gift?** (*Thank you!*) **Draw a happy, bouncy line between the picture of the boy giving someone an apple and the words "Thank you!"** Let kids draw the line.

Point to the picture of the girl sneezing. **What's this girl doing?** (*sneezing*) **What do you sometimes say when you hear a sneeze?** (*God bless you!*) **Whenever you say, "God bless you" to someone, you are using kind words to tell the person that you care about them and so does God. Draw a jaggedly, sneezy line between the girl sneezing and the words "God bless you!"** Give kids time to complete this part of the activity.

Oh, no! What's happening in the last picture? (*One kid is yelling at the other.*) **Have you ever been so angry that you've yelled at someone?** Affirm responses. **Have you ever had someone yell at you?** Pause for responses. **In our Bible story today, Jesus said, "If you are angry with someone, talk to them about what makes you angry, work the problem out, and forgive each other." What kind words could you say to someone who is angry with you?** (*Let's talk about what makes you angry.*) **Draw a smooth, wavy line between this picture and the words "Let's talk**

about what makes you angry" to show how calm and peaceful people will feel when they forgive each other.

The second part of Jesus' message in our Bible story today is about showing respect to God. Jesus said, "Kindness and respect are important! Use God's name respectfully, too. Use it only for worship and praise! God's name is special." On the lines, write some kind words for God. Offer to help with suggestions and spelling as needed.

Activate Faith (15 minutes)

The Way to Forgiveness

Let's look at the third page of the leaflet. Jesus said that we should talk to people who make us angry, so we can work the problem out and forgive each other. Let's look at the kid on the left side of the page. This kid is going to follow Jesus' teaching. The kid on the right side of the page has made him angry. He's pretty angry right now. But Jesus teaches us that the best way to get rid of his anger is to talk to the person who has made him angry. You can help him get to the other kid's home by doing the math problem in each sidewalk square. If the answer is two, color in the square. If you get a different answer, leave the square white. Do the math problem in each square to move.

Let's all work together to solve this puzzle. Look at the sidewalk square that the boy on the left side is standing on. The math problem is $10-8$. What is the answer? (2) Yes, the answer is 2, so color in that square. What is the answer to the math problem on the next square: $2-0$? (2) It's 2 again. So color in that square. Continue solving math problems until you have found the path to the boy's home on the right side of the page. **Good job! Now you've found the path to lead one boy to the other boy's home. What did Jesus say that they should do next?** (Talk about the problem and forgive each other.)

Spark Resources

Leaflets

Supplies

Pencils

Markers

When We're Angry

Turn to the back page of your leaflets. Jesus wants us to be kind to one another. When we're angry, Jesus wants us to use our energy to make things better, not worse.

Let's read about what happens to our bodies when we get angry. You or the kids may read aloud the four different anger reactions.

Our muscles get tense.

Our heart rate and breathing get faster.

Our faces get red.

Our brain makes a chemical called adrenaline. When we're very angry we can only focus on who has made us angry. Part of us wants to fight. Another part of us wants to get away and calm down.

Spark Resources

Leaflets

Supplies

None

Let's look at the photos of people on this page. How can you tell that they are angry? Affirm responses. **Show me your best angry face.** Comment on the kids' expressions.

Being angry isn't good for us. Jesus knew that. Jesus wants what is best for all of us. When we forgive and love others, we're happy, and our bodies are happy, too. Our faces relax into a smile. Our brain sends out happy chemicals. Our breathing and heart rate go back to normal. We feel calm and peaceful. Show me your best happy face. Pause to have kids show their smiles. **I like those happy faces much better than those angry ones. So does Jesus!**

Get Over It!

Jesus teaches us to get over anger quickly. If we get angry with someone, Jesus wants us to work the problem out and forgive. We're going to work together to make an obstacle course that will remind us to go under, go around, and jump over anger. Does that sound confusing? Let's work together now, and you'll see what I mean!

Set out markers and paper. **Let's each write the word ANGER on a sheet of paper. A-N-G-E-R.** Give kids time to write. **Place your papers in a pile right here.** Motion to a place on the table. **Now we're going to work together to design an obstacle course.** Use the furniture and materials you have available to you in your classroom. You can use chairs, books, pillows, and tables. Make sure your finished obstacle course is safe. Have kids help you tape their anger papers to various parts of the obstacle course, so they go under anger (you could tape it to the top of a table that they crawl under), around anger (taped to the back of a chair that they circle around), and jump over anger (tape a couple of sheets securely to the floor, so kids can jump over them). Before the kids begin, show them how to do each part of the course.

Jesus doesn't want us to get angry with anyone. That's why in our obstacle course we went over, under, and around the word *anger*. But everyone gets angry sometimes. What does Jesus teach us to do whenever we get angry? (*Talk to the person who made us angry, work the problem out, and forgive each other.*) **Yes! And forgiveness shows love.**

Spark Resources
None

Supplies
Classroom furniture and materials (chairs, books, pillows, and tables)
Paper
Markers
Tape

Send (5 minutes)

Good-bye Time

Thank you for coming to class today. We learned about things that fit together. Shoes fit together, and our feet are happy about that. Words like *peanut butter* and *jelly* fit together, and our mouths are happy about that. God's love and forgiveness fit together, and our hearts are happy about that.

Spark Resources
Leaflets

Supplies
Pencils
Scissors

Direct attention to the back of the Faith on the Go! slip on the bottom of the back page of the leaflet. Kids can fill in the blanks with the name of someone they want to give this slip to, their own name, and today's date. Encourage them to mark one or more of the ideas or add their own. Have kids cut the slip off on the line, ready to give to someone else.

After class, give this slip to someone you want to do the activity with. It's like a coupon for time with you. Next week, we can tell each other what we did to share God's love and remember our Bible story!

It's time for our Go Out! circle. Give kids time to stand with you in a circle. **Today we heard that forgiveness shows God's love. Let's say it together: Forgiveness shows God's love. Let's go out with God's love!** Say this rhyme together while doing the motions:

**Put both hands in,
Put both hands out,
Put hands up high,
And shake them all about.
Spin around once,
Spin again and shout:
Go, God! Go, us! Let's go out!**

Prayer Time

Show me your left hand. Show me your right hand. Show me how you put your hands together for prayer. Now, let's do something new. Let's pray together! Let's do a pair prayer. Find a buddy and stand facing your buddy. If you have an odd number of kids, have one kid be your buddy. **Instead of folding your own hands, hold out your hands in front of you and touch the palms of your hands to the palms of your buddy's hands.**

Let us pray.

**Loving God,
You bless us with
Food and water,
Sunshine and rain,
Forgiveness and love.
Help us to share your gifts.
Amen.**

Be sure to send the leaflets and Family Pages home with kids.

Spark Resources

Leaflets

Family Pages



Supplies

None

God's
love

problems

rude

mean
words

forgive

unkind
names

lies

mad

anger

hurt
feelings