

# Jesus Teaches about Anger

## Lesson At-A-Glance

Scripture Reference  
**Matthew 5:21-37**

Lectionary Sunday/  
Church Season  
**Epiphany 6**

Lesson Focus  
**Jesus is the good news.**



### Gather (10 minutes)

|                                                                                                                   | Spark Resources                                                                                     | Supplies                                                                                    |
|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <b>Center Time</b><br>Kids cut up heart shapes, make kindness cards, and color Bible story pictures.              | Coloring Pages<br> | Paper hearts, scissors, wastebaskets, markers, stickers, blank paper, crayons, jingle bells |
| <b>Circle Time</b><br>Kids play a kindness game, hear about the church season, and get ready by making mad faces. | Leaflet                                                                                             | Large basket, tennis ball                                                                   |
| <b>Prayer Time</b><br>Kids pray about feelings.                                                                   | None                                                                                                | Paper, marker                                                                               |

### Open the Bible (15 minutes)

|                                                                                                | Spark Resources           | Supplies |
|------------------------------------------------------------------------------------------------|---------------------------|----------|
| <b>Jesus Teaches about Anger Storytelling</b><br>Kids hear the story and respond to questions. | Spark Story Bible         | None     |
| <b>Happy, Happy, Angry</b><br>Kids play a running game.                                        | None                      | None     |
| <b>Jesus on the Hill</b><br>Kids place a sticker on the leaflets.                              | Leaflets, Lesson Stickers | None     |

## Activate Faith (15 minutes)

|                                                                        | Spark Resources           | Supplies |
|------------------------------------------------------------------------|---------------------------|----------|
| <b>God</b><br>Kids learn about the importance of the word <i>God</i> . | Leaflets, Lesson Stickers | Crayons  |
| <b>We're Angry</b><br>Kids go through steps of being angry.            | Leaflets                  | None     |
| <b>Angry Feet</b><br>Kids express emotions with their feet.            | None                      | None     |

## Send (5 minutes)

|                                                                                                | Spark Resources                                                                                     | Supplies                          |
|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------|
| <b>Good-bye Time</b><br>Kids see a light as a reminder that God wants us to be kind to others. | Leaflets                                                                                            | Battery-operated tea light candle |
| <b>Prayer Time</b><br>Kids receive a sticker to remember that angry words can hurt feelings.   | Family Pages<br> | None                              |



Looking for additional Spark content to further engage kids? Visit [wearesparkhouse.org/kids/SHOSS](http://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)

## Center Time

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You may choose to set up all or some of these learning centers for kids to play in as they arrive in your classroom. Have helpers in each center to help kids with the activities. Kids can stay in one center or travel to more than one.

When all kids have arrived and have had time to participate in at least one center, ring the jingle bells. **When you hear the jingle bells, you know it is time to clean up and get ready for Circle Time.** Be sure all the kids hear your bells.

### Angry Hearts

Let the kids use the scissors to cut up the hearts. **When we are angry, sometimes we do or say things that hurt other people. We want to be careful that we treat people in ways that don't hurt their hearts and feelings.** Have the wastebaskets nearby to catch the scraps.

### Kindness Cards

Set out the paper, markers, and stickers and let the kids create kindness cards. **We want to treat people with kindness and love just like Jesus does.**

### Coloring Center

Have coloring supplies and copies of the Spark Coloring Page available at a table for the kids to color. Be sure to help them put their names on their papers.

### Spark Resources

Coloring Pages



### Supplies

Paper hearts  
Scissors  
Wastebaskets  
Markers  
Stickers  
Blank paper  
Crayons  
Jingle bells

## Circle Time

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**Hello, everyone! We learn so much from Jesus. Jesus teaches us how to treat other people. He shows us how to love other people everyday. I am going to gently toss each of you the tennis ball. When you catch the tennis ball, you'll tell us something kind we can do for other people, then toss the ball back to me. I'll toss it to the next person. We'll all say, "Welcome, [Name], you can be kind like Jesus."**

**Let's take a look at our leaflet to see what we can see. I see green around a star. Green is for growing. As we grow, we learn from Jesus how to treat others kindly. The star means it is Epiphany, the season when we remember that Jesus came to share the good news.**

**Let's get ready for Storytelling time. I want to see your mad faces. Our story today is about being angry. Make a really angry face. Maybe you want to make an angry growl or snarl. Oh look at all those angry faces! Wow! You do not look friendly at all! I am glad we are just pretending.**

### Spark Resources

Leaflet

### Supplies

Large basket  
Tennis ball

## Prayer Time

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Make circles out of paper and draw simple feelings faces. Give each kid a paper face. **Look at your paper face. Do you all know what feeling is on your face?** Help kids identify the feelings if they need it. **We are going to pray about feelings. When it is your turn, say your feeling and we'll pray about it.**

**Dear God,**

**Thank you for giving us so many feelings. Help us remember that Jesus loves us no matter what our feelings are.**

**Jesus loves us when we feel . . .** (pause for kids to share feelings)

**Amen.**

### Spark Resources

None

### Supplies

Paper

Marker

## Open the Bible (15 minutes)

### Jesus Teaches about Anger Storytelling

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**If we want to know something, we can ask Jesus. In our story today, Jesus talks to the people about being angry. We are happy we have Jesus to teach us how to live.**

Take out your Spark Story Bible and open to Jesus Teaches About Anger on pages 272-273. Read the story out loud and point to the corresponding pictures. Look for Squiggles the caterpillar in each picture. Ask kids what they think Squiggles is feeling or doing. Encourage them to make a face like Squiggles.

Ask the following questions, allowing time for kids to answer.

**How does Jesus say we should we treat others?** *(with love and respect)*

**What happens when we call people names?** *(It can hurt their feelings. They feel sad.)*

**Where is someplace we love to use God's name?** *(in worship, in prayer, etc.)*

### Spark Resources

Spark Story Bible

### Supplies

None

## Happy, Happy, Angry

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Everybody sit in a circle. I am going to choose someone to be "it." That person will walk around the circle saying, "Happy, happy, happy, ANGRY!" When they say *angry*, the person who they are is behind will run around the circle. We'll all count to ten really loudly. The person who is running around will try to get back to their place before we count to ten. Have you ever heard that sometimes when people are angry, they count to ten before they say something so they are sure that they will say something kind instead of something mean? We'll choose someone new to be "it" and play again. Adjust your counting speed so the kids have a chance to make it back to the circle. Play until everyone has a chance to run.

Spark Resources  
None

Supplies  
None

## Jesus on the Hill

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Pass out the leaflets and heart stickers. **Let's look at our leaflets. Who is the person on the front? That's Jesus. What do you suppose he is doing? He is talking to the people. I think we can tell what Jesus is telling the people if we look at our stickers. What do you think he is talking about? He is talking about love, that's right! A heart tells us Jesus is talking about love. It looks to me like there is a space for a sticker. Let's put our heart stickers in the sticker spot. Whenever we think about Jesus, we can think about love. That's the message Jesus shares—love, love, love!**

Spark Resources  
Leaflets  
Lesson Stickers

Supplies  
None

# Activate Faith (15 minutes)

## God

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Pass out the crayons. **Let's look at the other side of our leaflets. Let's use our crayons to trace the letters. We have written a very special word. That word is "God." Jesus tells us to use God's name only in worship, in prayers, and in praise. God's name is special. Let's add our star stickers to our leaflets to help us remember that God's name is special.**

Spark Resources  
Leaflets  
Lesson Stickers

Supplies  
Crayons

## We're Angry

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Look at the pictures. Put your finger on the picture that shows "angry." Those kids look really mad, don't they? They look like you guys did when we were pretending a while ago. What is something we can do when something makes us angry? Jesus tells us that we can talk with the person who made us angry. Do you see someone who is doing that? Put your finger on that picture. Do you think they will figure out a way to be friends again? I hope so. Let's see what might happen next. I see they are shaking hands. That seems like a good thing to do. They don't look so angry anymore. And what are they doing in the last picture? They are playing again, aren't they? They look so happy. It is good to find a way to stop being angry. It is more fun to be friends. Look at the pictures to see if we can tell what made them angry to begin with. Do you see a broken toy? Would that make you angry? What are some other things that make you angry? Let's add our sticker with the fixed toy to our leaflet. That would be a way to help someone stop being angry. If we try to fix things that we break we could help make others happier.

Spark Resources

Leaflets

Lesson Stickers

Supplies

None

## Angry Feet

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Let's stand in a circle. We're going to play a game called "Angry Feet." Let's see if we can all make our feet stamp and be angry. Let the kids stamp their feet and be angry. Now let's have happy feet. Let's skip in our circle to be happy. How would we have sad feet? Maybe if we dragged our toes kind of slowly that would seem sad. Let's be excited feet. I think we should jump up and down. What if we had scared feet? Can you make your feet hide behind each other? That would seem scared. How about tired feet? Drag one foot behind and let it rest. We can make our feet show lots of feelings, can't we? Good job.

Spark Resources

None

Supplies

None

## Send (5 minutes)

### Good-bye Time

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Hold the tea light, but don't turn it on yet. Jesus tells us that it makes God sad when we are unkind to each other. It is okay to feel angry, it is just not okay to be mean. I think the dark lights are kind of like God's face when we are unkind. When we figure out a way to be friends and get along again, I think God's face lights up! I'm going to light our candle to remind us to try to be kind and loving like God wants.

Spark Resources

Leaflets

Supplies

Battery-operated tea light  
candle

Hold up the leaflet and point to Faith on the Go! on the back. Be sure to take your leaflet home, because it has one more fun activity you can do with your family.

## Prayer Time

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**We use Band Aids™ when we are hurt. When we are angry, sometimes we hurt other people's feelings. I am going to give each of you a sticker to help you remember to treat other people kindly so you don't hurt their feelings. Let's pray to ask God to help us remember that.**

**Dear God,**

**We want to treat everyone kindly. Help us to remember not to say or do things that might hurt other people's feelings. Amen.**

Be sure to send leaflets home with the kids, and give each of them a Family Page to take home.

Spark Resources

Family Pages



Lesson Stickers

Supplies

None