

Jesus Teaches about Anger

Lesson At-A-Glance

Scripture Reference
Matthew 5:21-37

Lectionary Sunday/
Church Season
Epiphany 6

Lesson Focus
**When we say “yes”
to God, we say
“no” to anger.**

Bible Memory Verse
**Let your word be “Yes,
Yes” or “No, No”;
anything more than this
comes from the evil one.
Matthew 5:37**



Gather (10 minutes)

	Spark Resources	Supplies
Arrival Activity Kids offer up their relationships by laying hands on an altar.	Activity Pages 	Pencils
Opening Conversation Kids think about the promises we make.	Leaflets	None
Opening Prayer Kids substitute good behavior for a prayer.	None	None

Open the Bible (20 minutes)

	Spark Resources	Supplies
Jesus Teaches about Anger Story Kids read the story to each other in pairs.	Spark Bibles, Leaflets	Pencils (optional)
Take the Long Way Home Kids help two people take their time to find their way to court.	Leaflets	Pencils
A Yes/No Answer Kids determine how to say “Yes” and “No” in other languages.	Leaflets	Pencils
Gray/Pink Matter Kids color their brains by number.	Leaflets	Colored pencils or markers
Remember It Kids memorize the Bible Memory Verse.	Spark Bibles, Spark Bible Stickers	None

Activate Faith (10 minutes)

	Spark Resources	Supplies
An Easy Commitment Kids make commitments that don't need special promises.	Leaflets	Pencils
Trashed! Kids discard the things that distract them from God.	Leaflets	Pencils

Send (5 minutes)

	Spark Resources	Supplies
Closing Conversation Kids review the opening prayer and practicing humility.	Leaflets	None
Closing Prayer Kids repeat the words "Yes, Yes!," over and over.	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 Activity

If some kids arrive earlier than others and you need a lesson-based activity, make copies of the downloadable Activity Page and set them out for kids to try.

Have kids pair up as they enter the room. **This lesson has a lot to do with human relationships, so you'll see pairing up quite a bit.**

Have the kids discuss something that they need forgiveness for—it can be a personal offense, or something else. Ask them to repeat these words to each other: "I forgive you, and God loves you!"

Then, have everyone gather around an altar (or table) and make a stack of hands, alternating, as a sign of offering their friendships. When all are included in the stack of hands, say, **God forgives us and loves us.**

Spark Resources

Activity Pages



Supplies

Pencils

Opening Conversation

Who was able to try a Faith on the Go! activity this past week? Tell us what you did. Allow some time for sharing.

Who can tell me the Bible Memory Verse (BMV) from last week? If kids remember the BMV, invite them to recite it for the group. Guide the kids to help them remember parts they don't.

Distribute leaflets. **Take a look at the bottom picture on the first page of today's leaflet.**

Have you ever signed a contract? Have you seen someone else do it? What was the contract about?

When was the last time you made a promise? What was it?

Why do we have to make promises? Why don't we just do what we're supposed to do? (*Maybe we need to remind ourselves, that we're not perfect.*)

What's the difference between a promise and swearing to God? Is there one?

When we become friends with someone, what kind of promises are we making? (*to love and forgive them, to hold them accountable*)

Today we're talking about the commitments we make to each other and to God. No matter who you are, God has something to say to us today in the words of Jesus. Listen closely, and read Jesus' words even more closely. What is God saying to you today?

Spark Resources

Leaflets

Supplies

None

Opening Prayer

Every time we meet, we pray together, but today is a little different. Instead of an opening prayer, we're going to work at being mindful of the way we act in class today. Our actions are going to be a prayer—they're what we want to say to God. So if we're nice to our neighbor, that's a message you're sending to God. Okay?

Spark Resources
None

Supplies
None

Open the Bible (20 minutes)

Jesus Teaches about Anger Story

Distribute Spark Bibles and help kids find Matthew 5:21-37 on pages 1062-1063. Have kids find a partner. They will read today's story to one another. Kids have to rely on each other to hear what Jesus is saying today. Tell them that, when they finish reading the story once or twice, they should ask each other questions like these:

What was something that you liked hearing Jesus say? What was something that was hard to hear?

What was something you heard that was surprising?

What's something that you'll remember about the story today?

Encourage kids to take notes to help them remember what they talked about.

When kids are done reading and discussing, have the pairs do Look It Up! on the third page of the leaflet. Gather the group back together to talk about any insights they had in their pairs.

Spark Resources
Spark Bibles
Leaflets

Supplies
Pencils (optional)

Take the Long Way Home

Have kids find a new partner and complete Take the Long Way Home on the third page of the leaflet. Have pairs compare their results. Who came up with the longest possible path (without retracing steps)?

What's a way we can take the time to talk things out with someone before it gets out of hand?

In each of the sections of today's story (Concerning Anger, Adultery, Divorce, and Oaths), what are the relationships Jesus is talking about? Are they between humans and gorillas? Humans and televisions? (*They're between humans and other humans.*) Why do you think God cares about how humans treat each other?

Spark Resources
Leaflets

Supplies
Pencils

A Yes/No Answer

Turn to A Yes/No Answer on the second page of the leaflet. In this simple activity, kids will be guessing how to say “Yes” or “No” in other languages. If there are any kids in your group who speak another language, have them teach the class another way to say “Yes” or “No.”

Answer Key

“Yes” words/Language

OUI/FRENCH

DA/RUSSIAN

NDIYO/SWAHILI

NA'AM/ARABIC

NAI/GREEK

SI/SPANISH

HAI/JAPANESE

“No” words/Language

NON/FRENCH

NYET/RUSSIAN

HAPANA/SWAHILI

LA/ARABIC

OCHI/GREEK

NO/SPANISH

LIE/JAPANESE

Check to see how the kids did. **Jesus says we’re supposed to say, “Yes, Yes,” or “No, No.” What if we’re not speaking the same language? Is that really what Jesus is talking about?** (*No, Jesus is talking about doing the right thing instead of just making promises.*)

Since we’re talking about different cultures, let’s check out Did You Know? on the second page of the leaflet. Ask a volunteer to read the fact and pause briefly for any reaction or comment.

Gray/Pink Matter

Invite kids to color the brain in Gray/Pink Matter on the second page of the leaflet. Give them the behavior or ability, and then ask them to guess which part of the brain controls it, and why that’s their guess.

Possible Behaviors/Abilities:

The ability to see (*occipital lobe*)

Dizziness and balance (*cerebellum*)

Judgment (*frontal lobe*)

Walking (*cerebellum*)

Reading (*parietal lobe*)

Spark Resources

Leaflets

Supplies

Pencils

Spark Resources

Leaflets

Supplies

Colored pencils or markers

Personality (frontal lobe)
Hearing (temporal lobe)
Control of aggressive behavior (temporal lobe)
Emotions (frontal lobe)

Our brains do so many different things—but we don't always use them. If we used our frontal lobes to their full potential, maybe we wouldn't let our anger get out of control or break our promises. But even with all the abilities God has given us, we make mistakes. That's why it's important to remember that God might care more about what we *do* than than what we promise to do. Let's talk more about promises.

Remember It

Ask a volunteer to look up Matthew 5:37 on page 1063 in the Spark Bible. Divide the rest of the kids, without Bibles open, into two groups. Designate one group as the "Yes" group and the other group as the "No" group. **When [Name of the volunteer reader] points to the "Yes" group, that group will say, "Yes, Yes" together. When he/she points to the "No" group, that group will say, "No, No" together.** Have the volunteer read the verse several times, pointing to the "Yes" or "No" group at the appropriate times. When both groups can recite the verse together, invite the kids to open their Bibles and put I Memorized It stickers next to Matthew 5:37.

Spark Resources

Spark Bibles
Spark Bible Stickers

Supplies

None

Activate Faith (10 minutes)

An Easy Commitment

God is always working in us to do good things. Sometimes we make the right choices and it seems really easy!

Spark Resources

Leaflets

Invite kids to read through An Easy Commitment on the fourth page of the leaflet and take the time to discuss the good things that we find easy to do.

Supplies

Pencils

Do we have to make promises to do things like this? (*No, we just do them.*)

How can we grow into the type of people who act this way more often? (*Practice, growing that brain!*)

Will we ever stop making mistakes, getting angry, or breaking promises? (*No, but God still loves us.*)

Trashed!

When you read today's story, was there anything that you felt like Jesus was saying to you specifically? Have you let yourself put something in front of God this week? What was it?

Does Jesus want us to chop our hands off when we do something wrong? (NO! Jesus wants us to know that there is a simple way to eliminate the things that distract us from God.)

Look at Trashed! on the third page of the leaflet. Ask a volunteer to read the instructions. **Let's think of the things that distract us from God, and trash them. In this activity, draw something that might feel like it's more important to you than God is.**

Once finished, invite volunteers to share what they came up with.

Spark Resources
Leaflets

Supplies
Pencils

Send (5 minutes)

Closing Conversation

Remember, anger, unfaithfulness, and broken promises are mistakes we make that hurt each other, and Jesus thinks they have to go in order for us to live together. Another way we hurt each other is by dwelling on the mistakes of other people, instead of our own mistakes.

Without naming anyone, can you think of someone who's been angry with you recently? What about someone who's broken a promise?

Why is it easy to think of other people who have behaved this way? What about your own mistakes?

How about our opening prayer? Reflecting on the promise we made to "pray with our actions," how did you do?

How can we worry about our own behavior instead of our neighbors'?

Every time we read the words of Jesus, it's a good idea to think of what Jesus is saying to us. What's something you'll work on this week?

Find Faith on the Go! on the fourth page of the leaflet. Read the suggestion to the kids and encourage them to have this conversation with their families during the week.

Spark Resources
Leaflets

Supplies
None

Closing Prayer

Tell kids that their response during the closing prayer will be “Yes, Yes!” They should get louder each time they say it.

God, we’re guilty of being angry at our friends and family. Do we need forgiveness?

(Yes, yes!)

God, we’ve tried to be the boss of other people. Can we change?

(Yes, yes!)

God, we’ve broken our promises to each other. Will you keep your promise to love us?

(Yes, yes!)

God, we want to live like new people. Will you help us?

(Yes, yes!)

Amen!

Be sure to send a leaflet and a Family Page home with each kid.

Spark Resources

Family Pages



Supplies

None