

Jesus Teaches about Anger

Lesson At-A-Glance

Scripture Reference
Matthew 5:21-37

Lectionary Sunday/
Church Season
Epiphany 6

Lesson Focus
Jesus teaches love and respect.



Gather (10 minutes)

	Spark Resources	Supplies
Play Time Kids explore a variety of materials to become engaged in the Bible story.	Coloring Pages, Spark Song CD 	CD player, drawing paper, markers or crayons, mirrors, large pieces of fabric, flashlights
Circle Time Kids are welcomed, hear about the church season, and say a class cheer.	Leaflet	None
Prayer Time Kids pray an action prayer.	None	None

Open the Bible (15 minutes)

	Spark Resources	Supplies
Jesus Teaches about Anger Storytelling Kids hear and interact with the story Jesus Teaches about Anger.	Spark Story Bibles	None
Jesus Teaches about Anger Kids identify ways Jesus showed love and respect to others.	Leaflets	Markers or crayons

Activate Faith (15 minutes)

	Spark Resources	Supplies
What Did Jesus Teach? Kids distinguish between positive and negative reactions.	Leaflets, Lesson Stickers	Markers or crayons
Work It out with Love Kids identify specific ways to work out a problem with love and respect.	Leaflets	Markers or crayons, colored construction paper, kid-safe scissors, glue sticks
R-E-S-P-E-C-T Kids sing an action song reviewing the lesson and the season of Epiphany.	Leaflet	None

Send (5 minutes)

	Spark Resources	Supplies
Good-bye Time Kids review the lesson and say a good-bye cheer.	Leaflet	None
Prayer Time Kids pray an action 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)

Play Time

Set out the materials so kids can easily access them. Have the Spark Song CD playing. As kids arrive, greet them warmly by name and invite them to choose an activity. **Who is ready to draw a picture of a kind way to treat someone? Would anyone like to make faces in a mirror? Put on Bible time clothes and pretend you are teaching someone about Jesus.** Suggest that kids who are enjoying the music might like to dance with flashlights.

Provide copies of this lesson's Coloring Page for kids to color. Be sure to help them put their names on their papers.

Once everyone has arrived and had a chance to play, invite kids to join you in the circle. **As you move to the circle, pretend you are very angry—without touching anyone else. How do you move when you are angry?**

Spark Resources

Coloring Pages



Spark Song CD

Supplies

CD player

Drawing paper

Markers or crayons

Mirrors

Large pieces of fabric

Flashlights

Circle Time

Gather in a circle, and welcome kids. **I'm glad you are here today! As we begin, let's think about things that make us happy! We will go around the circle, say our names, and then name something that makes us feel happy.** Go around the circle, beginning with yourself. Be sure to include everyone, inviting kids to state their names and something that makes them feel happy.

Now let's go around the circle again. This time, each of you can tell the group something that makes you feel angry or mad. Repeat the process, this time encouraging kids to name something that makes them feel angry.

Review Play Time. **What did you do during Play Time? Some of you drew pictures of a kind way to treat someone, some of you dressed up and taught others about Jesus, and some of you made faces in the mirror. Those activities all have to do with how Jesus asks us to treat each other! Some of you also danced with flashlights, making light shine all around the room!**

Hold up the leaflet and point to the star symbol on the green background on the front. **These remind us of the church season we are celebrating now. What is the name of that season? (Epiphany) Now, some of you danced with light, and Epiphany has something to do with light. What is it? During Epiphany, we remember that Jesus is the Light of the world. He shows us how to live together and love each other.**

Our story today is about the way Jesus taught people to treat each other. I can't wait to hear what Jesus has to say, but first let's do our class cheer together! Move the ways the cheer says!

Spark Resources

Leaflet

Supplies

None

Snap, clap, turn around!
Jump up high and wiggle down!
We're glad to be here with our friends.
We'll learn that God's love never ends!

Prayer Time

Let's pray an action prayer together. Repeat what I say and do.

Dear God, (fold hands)

Help us to be kind. (hug self)

Help us to help others. (reach arms out)

Help us to have fun! (jump up and down)

We love you! (blow a kiss)

Amen.

Spark Resources

None

Supplies

None

Open the Bible (15 minutes)

Jesus Teaches about Anger Storytelling

In the story I am going to read to you, Jesus teaches people how to treat each other, even when they are angry. Invite kids to mimic you as you act out ridiculous ways to behave when you are angry. **I am going to pretend to be very angry.**

Repeat my actions. Act out ways of reacting in anger, such as stomping your feet, sticking out your tongue, putting your fingers in your ears and saying, "Blah, blah, blah," and making faces. Ham it up and make kids laugh, but use things kids really do when they are angry. Invite kids to reflect on each of the actions after they repeat them. **Do you think this is a way Jesus taught people to treat others when they are angry?** (*no*)

Spark Resources

Spark Story Bibles

Supplies

None

Let's find out what Jesus *did* teach people to do! Distribute Spark Story Bibles and help kids find page 272. **Follow along as I read.** Read the story aloud.

I am going to read the story again. This time, pretend to do all of the things

Jesus tells people to do. Read the story again, pausing to allow kids time to act out talking to each other, forgiving each other, and being polite and kind.

Review the story, giving kids a chance to think about and respond to each question.

Remember when we stomped our feet and stuck out our tongues and put our fingers in our ears, when we were pretending to be angry? How many times did you hear Jesus tell people to do any of those things? (*none*) **What did Jesus tell people to do when they are angry? How did Jesus tell people to treat each other?**

Jesus teaches love and respect!

Jesus Teaches about Anger

Distribute leaflets. Show kids the activity on the front of the leaflet. **Who do you see in the center of the page?** (*Jesus*) **What did Jesus teach people in the story we heard today?** (*to love and respect others*) Look together at each of the illustrations around Jesus. Point to them, one at a time, inviting kids to determine what is going on in each. **They show Jesus caring for someone sick, talking with a kid, teaching someone, listening to someone's questions, having a conversation—always taking time to be with people. What does it look like Jesus is doing in this picture? How is that showing love or respect for someone?**

Draw a line from Jesus to each picture that shows love or respect. Decorate your lines any way you like! As kids work, talk about other ways Jesus showed people love and respect. **What other kinds of things did Jesus do to show people love and respect?** Affirm answers. **Jesus teaches love and respect, and shows us how to treat people that way!**

Spark Resources
Leaflets

Supplies
Markers or crayons

Activate Faith (15 minutes)

What Did Jesus Teach?

Show kids the first activity on the back of the leaflet. **There are pictures here of people reacting to each other in different ways. Some of them are reactions Jesus taught, and some are not. There are opposites for us to match!** Point to the person looking angry. **What does it look like this person is doing? Can you find the reaction that would be the opposite of that one?** Help kids find the picture of forgiveness. **Jesus taught us to forgive each other! Draw a line between the angry person and the person showing a friend forgiveness with a hug.**

Point to the picture of the person yelling on the phone. **What is this person doing? Can you find the picture of the opposite reaction?** Help kids find the picture of the person talking nicely on the phone. **Jesus taught us to talk out our problems! Draw a line between the person yelling and the person laughing on the phone.**

Point to the picture of the kids fighting over a toy. **What are they doing? Can you find the picture that is the opposite reaction?** Help kids find the picture of kids sharing a toy. **Jesus taught us to treat each other with love! Draw a line between kids fighting and the kids getting along.**

Point to the picture of the person covering her ears. **What is this person doing? Can you find the picture of the opposite reaction?** Help kids find the picture of the person listening. **Jesus taught us to treat each other with respect! Draw a line between the person covering her ears and the person listening.**

Spark Resources
Leaflets
Lesson Stickers

Supplies
Markers or crayons

Look at all of these pictures. Four of them show treating people in ways Jesus taught. Four of them do not. We are going to put heart stickers next to the pictures that show ways of treating people as Jesus taught! Distribute stickers, and help kids place them next to the reactions depicting love and respect.

Jesus teaches love and respect!

Work It out with Love

Direct kids' attention to the Work It out with Love activity on the back of the leaflet.

What do you think is happening in this picture? It looks like these two kids are arguing over broken toys! How do you think they are feeling?

Let's pretend we are those two people. Form pairs. **With your partner, pretend you were playing, and you got into an argument. Think about what Jesus teaches us. With your partner, talk about what could happen next. How could you stop, think, talk it over, and work it out?** Give kids time to talk with their partners. **What kinds of ideas did you come up with?** Let kids act out their ideas for the group.

Show kids the empty frame on the page. **This frame is where you get to add a picture! Create a picture showing a way this problem could be worked out with love and respect. You can draw a picture or cut and glue construction paper to make your picture. Use some of the ideas you and your partner came up with! I can help you write words, if you need them.**

As kids work, invite them to share their ideas and the pictures they are creating.

How would you work out this problem with love and respect? Jesus teaches love and respect!

R-E-S-P-E-C-T

Hold up a leaflet, pointing to the star symbol on the green background. **What church season are we celebrating now? (Epiphany) The color for Epiphany is green, and a symbol of Epiphany is a star. What do we celebrate during Epiphany? (that Jesus is the Light of the world) He teaches us how to live together and treat each other! What did we learn about what Jesus taught us today? Jesus teaches love and respect.**

We are going to sing a song about what Jesus teaches. In this song, there are letters. The letters spell the word respect. What did Jesus say about respect? Each time we sing the name of a letter, make that letter with your body! Work with kids to come up with ways to use arms, legs, and whole bodies to make the letters. Emphasize having fun doing it!

Sing this song to the tune "Twinkle, Twinkle, Little Star," making the letters with your body as you sing them.

Spark Resources

Leaflets

Supplies

Markers or crayons

Colored construction paper

Kid-safe scissors

Glue sticks

Spark Resources

Leaflet

Supplies

None

R-E-S-P-E-C-T

Jesus teaches you and me!

Jesus teaches love and care

To all God's children everywhere!

R-E-S-P-E-C-T

Jesus teaches you and me!

Send (5 minutes)

Good-bye Time

Gather in a circle. Review the lesson, giving kids a chance to think about and respond to each question. **What did we hear Jesus teach about in the story we heard today? What are some ways to treat people with love and respect? What are some good things to do when you are angry? Remember, Jesus teaches love and respect!**

What church season are we celebrating now? (*Epiphany*) **What is the color for Epiphany?** (*green*) **What is a symbol for Epiphany?** (*star*) **What do we celebrate about Jesus during Epiphany?** (*Jesus is the Light of the world.*)

Show kids the Faith on the Go! activity on the back of the leaflet. **Here is an idea you can do at home with someone you love. Try some new ways of showing love and respect as Jesus taught!**

Let's do our closing class cheer together! Remember to move like the cheer says!

Snap, clap, turn around!

Jump up high and wiggle down!

We had lots of fun here with our friends.

We learned that God's love never ends!

Prayer Time

Let's pray together. Repeat my words and actions.

Dear God, (fold hands)

Help us to be kind. (hug self)

Help us to help others. (reach arms out)

Thanks for helping us to have fun! (jump up and down)

We love you! (blow a kiss)

Amen.

Thank kids for coming, and invite them to return.

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

Spark Resources

Leaflet

Supplies

None

Spark Resources

Leaflets

Family Pages



Supplies

None