



I Will Control My Anger!

From Game Show
Lesson 2

LEADERSHIP TRAIT - SELF CONTROL

Great leaders control their anger instead of letting their anger control them.

LEADERSHIP GOAL

Your children will learn that when they feel angry, they should stay calm instead of losing their tempers.

LEADERSHIP LESSON

Cain and Abel - Genesis 4:1-15

WHAT DO I DO?

Have your children watch the Leadership Video, *I Will Control My Anger*.

ADDITIONAL ACTIVITIES FOR THIS LESSON:

- Have your children read the Leadership Lesson, found in Genesis 4:1-15.
- Have your children complete the Leadership Questions.
- Watch the Leadership Video as a family.
- Do the Optional Family Activity.

OPTIONAL FAMILY ACTIVITY: CONTROL THE CRANE

Gather some blocks, boxes, or plastic cups that you can build a tower out of. Have one child be the Controller and give instructions to you, the Crane. Have your children stand facing you. Tell them that you will pretend to be a voice operated crane and they can control where you put the blocks by saying directions, like "left, right, forward, backward, up, down, grab, and let go." Because they are facing you, they will have to learn to reverse the directions. For example when the Controller says "right" move to your right, not the Controller's right and when the Controller says forward, move forward from your perspective, not the Controller's. It will take your children a few tries to get used to giving directions this way. Let each family member take a turn being the Controller. Afterward remind your family that they had to learn how to control the Crane at first. If they had not learned to control the crane better, they would not have been able to build the tower. Just like they learned to control the Crane, they can learn to control their temper. But if they don't learn to control their tempers, they will have a hard time building anything good in their life.

MEMORY VERSE:

Help your child memorize this verse.

"People with understanding control their anger; a hot temper shows great foolishness."

Proverbs 14:29 (NLT)



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Main Point: I Will Control My Anger!

Read the Leadership Lesson about Cain and Abel in Genesis 4:1-15. When you are finished, watch the Leadership Video. Then, read the items below and write your responses in the space provided.

1. True or false? When things happen to make us angry it's easy to lose control of our temper, which always leads to bad things.

2. Fill in the blanks according to what Pastor Mike said in the video. The first two children of Adam and Eve were Cain and _____. Cain, the oldest brother, was a _____ and Abel was a _____.

3. What did Abel give as an offering to the Lord? Circle the correct answer.
 - A. The oldest lamb.
 - B. The very best of his firstborn lambs.
 - C. A blind lamb.
 - D. Nothing.

4. True or false? Cain gave his very best crops as an offering to the Lord.



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5. Fill in the blanks according to what Pastor Mike said in the video. Having his offering rejected by God made Cain _____. His anger kept growing and _____ toward Abel because Abel's offering was _____.

6. What did God say to Cain. Circle the answers that apply.
 - A. Why are you so angry? You will be accepted if you do what is right.
 - B. He warned Cain that his anger was going to take control of him and cause him to sin.
 - C. He told Cain to grow up.
 - D. He told Cain to build a large boat.

7. What did Cain do to Abel in his anger?

8. What was Cain's punishment? Circle the answers that apply.
 - A. The ground would no longer yield good crops.
 - B. He had his phone taken away.
 - C. He had to leave his home and wander the earth for the rest of his life.
 - D. He had to fight a lion.



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9. What are some things we can do to control our temper and deal with our anger? Circle the correct answer.
- A. Count to 10.
 - B. Take a deep breath.
 - C. Leave the situation that is making us angry.
 - D. Ask God to help us stay calm.
 - E. All of the above.
10. True or false? It isn't wrong to feel angry, but it is wrong to let our anger control us and cause us to do something God wouldn't want us to do.

Memory Verse: Ask your parents to help you memorize this verse.

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Answer Key

Main Point: I Will Control My Anger!

1. True
2. Abel, Farmer, Shepherd
3. B
4. False
5. Angry, Growing, Accepted
6. A, B
7. He attacked and killed him
8. A, C
9. E
10. True