



Small Group Leader Guide

HOW TO ANSWER ANGER CONGRATULATIONS, I'M SORRY

Small Group Welcome

1. **Introduce** yourself and **welcome** new kids by name.
2. Kids **share** what happened during past the week.
3. **Check up** on the past week's prayer requests and events.
4. **Talk about** the welcome question: *How would an adult start a fire in a fireplace?*

Small Group Activity

You'll Need

- No additional materials needed

To Do

Say: Harsh words make us angrier, but gentle words help us.

1. **Read** a phrase from **Harsh List** or **Gentle List**.
2. Kids **make** an angry face if it's harsh, or a relaxed face if it's gentle.
3. **Continue** with steps 1-2 as time allows.
4. **If time allows**, kids **make up** their own phrases.

Ask: How are harsh words different from gentle words?

Ask: How did Mike help Alissa calm down?

Vintage Konnect Trivia: Which Konnect crew member likes to pretend to be royalty? *Alissa*

Harsh List

- No one likes you when you act that way.
- Why do you have to get mad all the time?
- I'm sick of your bad attitude.
- Just get over it!
- You're annoying when you're mad!
- Don't talk to me when you're angry.
- I hate it when you get mad.
- Why do you have to get all bent out of shape?
- I wish you'd just go away!
- Now you know how I feel when you're mean to me!

Gentle List

- God always loves you.
- Do you want to play or have a snack?
- I care about you.
- I'm sorry if I hurt you.
- Do you to be alone, or do you want to talk?
- Is there something you'd like to talk about?
- I'm sorry you're so angry.
- Why are you feeling angry right now?
- What can I do to help you?
- It's ok to feel angry. Do you want to talk about it?

Small Group Discussion

Say the Point and Verse out loud together:

God's love can turn a frown upside down.

Proverbs 15:1 NLT

A gentle answer deflects anger, but harsh words make tempers flare.

1. **What does "deflect anger" mean?** *Turn anger away, make anger go away*

Choose a few review questions:

1. **When someone's angry, it might make you angry, too. Why should you still be gentle with them?** *Being gentle shows God's love instead of selfishness, and can help others calm down.*
2. **Why do you think gentle words help deflect anger?** *Gentle words show that you care about the person who is angry more than you care about getting even.*
3. **In the Bible story, David wanted to get even when Nabal was rude to him. How did Abigail help David calm down, instead?** *She gave David gifts and used wise, gentle words.*
4. **Think about the activity. Do you usually use words from the harsh list, or the gentle list? Why?** *Answers will vary.*

Choose an action step question:

1. **Think of someone you argue or fight with a lot. Which gentle words will you speak to them this week?** *Answers will vary.*
2. **What can you do to help you choose gentle words each time someone gets angry with you this week?** *Pray in my head, remember Jesus forgives me so I can be kind to others, gently ask for a break to calm down, take a deep breath, talk to a grown-up, etc.*

Pray together:

1. **Ask** kids to share things they would like you to pray about.
2. **Write** down their prayer requests.
3. **Pray** together over all the prayer requests. **Give** kids a chance to lead the prayer if they want to.

Not sure what to pray? Pray this: God, Thank You for loving us, even when we get angry. Please help us to show love by using gentle words when we met others who are angry. In Jesus' name, amen!

Stay in your Small Group until kids are checked out.

Check Out

1. **Continue talking**, and let kids **finish** activities.
2. When someone comes to check out a kid from your small group, **share** something positive and specific about the kid. **Use** the kid's name.
3. **Encourage** families to complete the Challenge Card together.