

SUGGESTED ACTIVITIES FOR GOD'S WILD KINGDOM-WEEK 3: THE CRAB (6/21/20)

Bible Verse

Younger children: "In your anger do not sin"

Ephesians 4:26a

Older children: "In your anger do not sin; do not let the sun go down while you are still angry."
Ephesians 4:26

EXPLANATION: *It is ok to be angry, but it is not okay to think, speak or act in a sinful way towards God or others when we get angry. This verse tells us we have a choice to make when the feeling of anger comes to us. We can choose to let the anger lead us to sin, like Cain did, or we can choose to deal with our anger in a way that honors God-to not get even, to get rid of the anger and to try to live in peace with the other person.*

Verse Activity Supplies needed: slips of paper with 1-2 words of the bible verse written on each slip, blocks/Legos/cups Tape 1 slip of paper to each block/Lego/cup. Stack the cups saying the Bible verse as you do.

Journal: Supplies needed: Journal page (see below) pencil

EXPLANATION: *It's okay to be angry at sin...God gets angry at sin in a right way. But it is not okay to act like a crab and snap at people with our words and actions so that they are hurt by our anger. (Review the "Handle Anger God's Way" poster.)*

Dear God, You get angry when it is good and right to and You get angry in a right way. Sometimes, when we are angry, we sin. But Lord, we want to please you and honor you and handle our anger in a way that is good and right. Help us to do this...help us to STOP, PRAY, CHOOSE and TALK so that in our anger we can honor You!

Use the journal page to allow your child to respond to the Bible lesson.

Move Like a Crab: Supplies needed: bean bag or small stuffed toy, balloons, ball

Invite your child/children to move in different ways and perform various tasks like a crab (on hands and feet with tummy towards the sky)

- Walk forwards to a set destination and back (walk to that tree, to the kitchen, etc.)
- Walk backwards (see above)
- Walk sideways
- Carry a bean bag or stuffed toy on his/her tummy while walking
- Kick a ball to a set destination and back
- Give your child/children a balloon and see how long he/she can keep it in the air while in the crab position

EXPLANATION: *We are used to walking upright on our feet so to walk differently, like a crab, is a challenge! Did you get a little frustrated trying to do these things? Maybe even a little angry/crabby? We all get frustrated and angry...but remember God tells us we can choose NOT to sin in our anger. Go over the "Handle Your Anger God's Way" sheet (see below)*

Practice Being Angry God's Way: Supplies needed: Scenarios listed below for children to consider and the "Handle Your Anger God's Way" sheet (see below) You may choose to print out and cut apart the Scenarios listed so your child/children can choose the different scenes to think about.

EXPLANATION: We are going to talk about some things that might make us angry. As we do, remember what God says in His Bible about how we can keep our anger from turning to sin. As we talk about these things think about:

- Would this make you angry?
- What would be some things you COULD do if you got angry? (sinful or not)
- What could you do to honor God and keep your anger from turning to sin?

Use the "Handle Your Anger God's Way" to discuss what to do when you start to feel angry.

SCENE 1: Over and over again your brother/sister takes your favorite toy and plays with it without asking.

SCENE 2: Your teacher (or mom) punishes the whole class (or family) because one person broke a rule.

SCENE 3: Three of your friends were invited to a party but you were not invited.

SCENE 4: Jon says you can't catch a football (or kick a soccer ball) and doesn't want you on his team.

SCENE 5: Your friend said he/she would play with you but then plays with someone else instead.

SCENE 6: Your mom asks you to do a chore again...but its your sister/brother's turn.

SCENE 7: You find out 2 of your friends are talking about you and laughing at you.

SCENE 8: Your brother/sister/friend breaks your video game (favorite toy).

SCENE 9: What is something that really makes you mad? How would you handle your anger so it doesn't lead to sin?

Erupting Soap/Erupting Anger: Supplies needed: Ivory soap (must be Ivory or won't work), a large, microwave safe bowl or plate to hold the soap, microwave

EXPLANATION: *God is the only one who always gets angry in the RIGHT way. God doesn't scream and throw a fit when He is angry. He always chooses to get angry at sin and He lovingly acts to punish sin and help people turn away from their sin and to Him (repent). On the other hand, people do choose to let their anger lead them to acting sinfully. Have you ever stomped your feet, yelled or hurt someone with your body or words when you were angry? You might say that your anger ERUPTED, and you acted in sin. Let's do an experiment that shows what erupting anger is like.*

Put the Ivory soap on the microwave safe plate or bowl. Place it in the microwave and cook on HIGH for 90 seconds (you may not need the entire 90 seconds but nothing will be hurt if you leave it in for that long. When the microwave starts have a grown-up remove the container (it may be hot). Wait a minute or 2 for the soap to cool. Then you may pick it up.

EXPLANATION: *The soap has lots of moisture (water) and air pockets in it. When the soap is heated the moisture turns to gas. The gas expands and pushes the soap apart, making the sculpture we see. The soap goes all crazy...kind of like we can when we let our anger get out of control. Choose to cool down and handle anger lovingly, like God does instead of letting it get out of control like this soapy mess!*

Crab Journal page

Time With God

These are steps that can help you handle anger in a way that shows love to God.

STOP Don't act out. Take yourself away from the person or the situation that is making you angry as quickly as you can. *(James 1:20-Human anger does not produce the holy life God wants.)*

PRAY Tell God that you are angry and ask Him to help you not to sin. *(Matthew 26:41-Watch and pray. Then you won't fall into sin when you are tempted.)*

CHOOSE Choose to calm down and leave the anger behind. Maybe you can sing a song, tell God 3 things you are thankful for or count to 10. Then CHOOSE to let go of the anger. *(Ephesians 4:31-Get rid of all hard feelings, anger and rage)*

TALK When your anger is no longer out of control, talk with the person you are angry at, if you can. If you really shouldn't be angry at the person, ask for forgiveness. If you have a good reason to be angry for the way you have been treated, talk with the person to try to solve the problem. *(Romans 12:18-If possible, live in peace with everyone. Do that as much as you can.)*

Draw or write about a time when you have been angry.

Draw or write a prayer to God asking Him to help you show love to Him even when you are angry.

Handle your Anger God's way



Crusty the Crab

STOP Don't act out. Take yourself away from the person or the situation that is making you angry as quickly as you can. *(James 1:20-Human anger does not produce the holy life God wants.)*

PRAY Tell God that you are angry and ask Him to help you not to sin. *(Matthew 26:41-Watch and pray. Then you won't fall into sin when you are tempted.)*

CHOOSE Choose to calm down and leave the anger behind. Maybe you can sing a song, tell God 3 things you are thankful for or count to 10. Then CHOOSE to let go of the anger. *(Ephesians 4:31-Get rid of all hard feelings, anger and rage)*

TALK When your anger is no longer out of control, talk with the person you are angry at, if you can. If you really shouldn't be angry at the person, ask for forgiveness. If you have a good reason to be angry for the way you have been treated, talk with the person to try to solve the problem. *(Romans 12:18-If possible, live in peace with everyone. Do that as much as you can.)*

In your

anger

do not sin;

do not

let the

sun go down

while you are

still angry.

Ephesians 4:26

Cut apart to use for memory verse

In your

anger

do not sin;

do not

let the

sun go down

while you are

still angry.

Ephesians 4:26

Cut apart to use for memory verse

Over and over again your brother/sister/friend takes your favorite toy and plays with it without asking.

Your teacher (or parent) punishes the whole class (or family) because one person broke a rule.

Three of your friends were invited to a party but you were not invited.

Jon says you can't catch a football (or kick a soccer ball) and doesn't want you on his team.

Your friend said he/she would play with you but then plays with someone else instead.

Your parent asks you to do a chore again...but its your sister/brother's turn.

You find out 2 of your friends are talking about you and laughing at you.

Your brother/sister/friend breaks your video game (favorite toy).

What is something that really makes you mad? How would you handle your anger so it doesn't lead to sin?