

Fool to Think

Bible: Fool to Think (Slow to Anger) • *Proverbs 16:32*

Bottom Line: Think before you lose your temper.

Key Question: What can you do to keep your cool?

Memory Verse: “His divine power has given us everything we need for a godly life.” *2 Peter 1:3a (NIV)*

Life App: Self-control—Choosing to do what you should even when you don't want to

Basic Truth: I can trust God no matter what.

Social: Providing Time for Fun Interaction (9:00, 10:15, 11:30)

9:00 & 11:30

Just for Fun

- Timer or mobile device

10:15

Get Your Head in the Game

- Deck of cards, one deck for every two to four kids

Bible: Communicating God's Truth in Engaging Ways (9:10, 10:25, 11:40)

- Bible Presentation in Large Group

Groups: Creating a Safe Place to Connect (9:40, 10:55, 12:10)

9:00 & 11:30

Bible Extension

- Knit mittens
- Butter knives; one per kid
- Spoons; one per kid
- Goggles or sunglasses; one for every two kids. These can be goofy and oversized.
- A pair of dice for every two kids
- Individually wrapped snacks; one per kid
 - Snacks could be: small Skittles[®] packages, Twinkies[®], individual packs of Goldfish[®], chips, or pretzels, etc.
- Plastic tablecloth (*This game could get messy.*)

10:15

Take a Snapshot

- Pencils
- “Angry? Cards” Activity Page
- “Angry? Responses” Activity Page
- Tape

Prayer: Making it Personal (9:55, 11:10, 12:25)

- A one-and-a-half-inch wide rubber band for each child
- Permanent markers

Dismiss (10:00, 11:15, 12:30)

Fool to Think

Bible: Fool to Think (Slow to Anger) • *Proverbs 16:32*

Bottom Line: Think before you lose your temper.

Key Question: What can you do to keep your cool?

Memory Verse: “His divine power has given us everything we need for a godly life.” *2 Peter 1:3a (NIV)*

Life App: Self-control—Choosing to do what you should even when you don't want to

Basic Truth: I can trust God no matter what.

Social: Providing Time for Fun Interaction (Small Groups, 10 minutes)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's Bible Truth.

Before kids arrive, take some time to pray for your group today. Pray that your kids would be aware of times that they have a tendency to lose their cools. Ask God to reveal to them their “triggers,” and pray that God would give you wisdom in helping them discover ways that they can avoid losing their tempers when things start to get heated.

9:00 & 11:30

Just for Fun

Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body

What You Need: Offering container, timer or mobile device

What You Do:

- **Invite** kids to put their offering in the offering container as they arrive.
- **Gather** kids in a circle.
- **Give** kids 10 seconds to do the following activities.
- **Challenge** them to see how many of each activity they can do in 10 seconds.
 - Push-ups, jumping jacks, or sit-ups
 - Say their name
 - Blink
 - Clap their hands or snap their fingers

Lead your group to the Large Group area.

10:15**Get Your Head in the Game****What You Need:** Decks of cards**What You Do:**

- **Establish** groups of two to four kids.
- **Instruct** the groups to sit in a circle facing each other.
- **Tell** kids they will play a version of the card game “Slap Jack,” but instead of slapping the Jacks, kids will be looking for the twos.
- **Explain** the rules of the game:
 - The dealer shuffles and deals the cards face down, dealing until all the cards have been dealt.
 - Kids place their cards in a stack face down, without looking at them.
 - The kid to the left of the dealer goes first.
 - He places the top card from his stack face up in the center of the playing area.
 - The next kid then places her top card face up on top of the previous kid’s card.
 - Play continues until someone lays down a two.
 - As soon as the two appears, everyone slaps his or her hand down on top of the card pile.
 - The first kid to slap the two wins the round and adds the pile of cards from the center of the playing area to the bottom of their stack.
 - Play begins again with the kid to the left of the successful slapper.
 - If a kid gets excited and slaps a card other than a two, he must give each kid in the group a card from his stack.
 - If a kid runs out of cards, she is *not* automatically out of the game. Instead she must watch carefully while the game continues. If she is the first one to slap when a two appears, she takes the card pile and rejoins the game.
 - The player with the most cards at the end wins.

What You Say:

“That was a fun game! You really had to think twice before you slapped the stack because you certainly didn’t want to slap anything but a two. **[Transition] Let’s head to Large Group to hear about when it’s really important to think twice before reacting.**”

Lead your group to the Large Group area.

Fool to Think

Bible: Fool to Think (Slow to Anger) • *Proverbs 16:32*

Bottom Line: Think before you lose your temper.

Key Question: What can you do to keep your cool?

Memory Verse: “His divine power has given us everything we need for a godly life.” *2 Peter 1:3a (NIV)*

Life App: Self-control—Choosing to do what you should even when you don't want to

Basic Truth: I can trust God no matter what.

Bible: Communicating God’s Truth in Engaging Ways (Large Group, 30 minutes)

GETTING READY

1. Opener/Closer

What You Need:

- Host

2. Bible Truth

What You Need:

- Communicator
- Bible
- Host dressed like a preteen (socks with sandals, athletic clothes, flat brim hat)
- Small waist-high table
- Buzzer
- Bell
- Alarm clock
- Pillow
- Empty box of Lucky Charms™
- Box of Raisin Bran®
- Backpack
- Chair or school desk
- Towel and spray water bottle

3. Worship

What You Need:

- “Enough For Us”
- “Every Move I Make”
- “I Can Do All Things”

Fool to Think

Bible: Fool to Think (Slow to Anger) • *Proverbs 16:32*

Bottom Line: Think before you lose your temper.

Key Question: What can you do to keep your cool?

Memory Verse: “His divine power has given us everything we need for a godly life.” *2 Peter 1:3a (NIV)*

Life App: Self-control—Choosing to do what you should even when you don't want to

Basic Truth: I can trust God no matter what.

Bible: Communicating God’s Truth in Engaging Ways (Large Group, 30 minutes)

Engage kids’ hearts through a dynamic and interactive Bible Truth, worship, and prayer experience in a Large Group setting.

CG: Theme Loop Video

CG : Countdown Video

CG: Theme Video

Host enters.

Welcome

Host has lots of energy as he or she welcomes everyone to [Name of Environment]. Host is relatable and inviting. Host can talk about something that happened culturally throughout the week like a big sports game, movie opening, or a viral video on YouTube, etc. Host tells them how excited he or she is that they’re there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what’s happening.

Host transitions to Worship.

WORSHIP

CG: “Enough For Us”

CG: “Every Move I Make”

CG: “I Can Do All Things”

Host exits as Communicator enters.

COMMUNICATOR SCRIPT**INTRODUCTION**

COMMUNICATOR: “Well, what a good-looking bunch of people we’ve got here! Good to see you all. January is already off to a great start! So, I’ve got a question for you to get us started today. Have you ever seen someone lose it? I don’t mean their keys or their wallet . . . I mean IT. His cool. Her temper.

“Have you ever seen someone just lose his or her cool and, to be honest . . . it was kind of funny to watch? You know who is the best at this? Toddlers. I don’t know if you have younger siblings or cousins, but nobody loses his or her cool like a toddler does. Check these out—these are actual snapshots from the moment a toddler was having a temper tantrum and why he or she lost his or her cool.”

Communicator displays the images, reads the tagline, and then comments. Hilarity ensues. Show as many of these as you’d like.

CG: Image – The dog and the chair

CG: Image – Broken cheese

CG: Image – T-Rex

CG: Image – Happy birthday

CG: Image – New hats

CG: Image – The goat

CG: Image – Red balloon

CG: Image – Bacon

CG: Image – Pennies

CG: Image – Corndog

“Those are amazing! Now, before we get too far, I’m sure we could have a good laugh at some of the temper tantrum stories from the people in this room alone. The truth is that we’ve all done it, right? Just some of us maybe a little more . . . let’s say . . . DRAMATIC than others!”

TENSION

COMMUNICATOR: “And normally, these temper tantrums make people look downright silly! So why DO this? Why do we lose our cool? Flip our lid? Fly off the handle? Why do we lose our tempers? And . . . maybe the more important question: why does it matter that we learn to keep our cool? These are important questions, and we’re going to track down the answer together. And the best place to look when we have important questions is the Bible. Let’s take a look now!”

TRUTH

COMMUNICATOR: “Last week we started off in a book of the Bible that has a bunch of wise sayings. Anyone remember the name of the book?”

Pause for responses.

“That’s right, Proverbs. Proverbs is a collection of wise sayings mostly written by a king named Solomon. He learned these after receiving wisdom from God. The Book of Proverbs is a compilation of words to live by. And all month long, we’ve been discovering what wisdom Proverbs can offer as we

explore this idea of self-control.”

“Check out Proverbs 16:32. *(Read directly from Proverbs 16:32 NIV)* ‘It is better to be patient than to fight. It is better to control your temper than to take a city.’ That about clears it up, right? Okay, we’ll get into it. I promise.”

“As I was planning this week, I was thinking this about all the times during the day that I am tempted to lose my temper—times where I have a hard time being patient. I mean unexpected things that go wrong almost every day. But then I got to thinking . . . my life is a little different than yours. What about your life? Where might YOU be tempted to lose your cool? Instead of just talking about it . . . let’s take a look.”

Host enters dressed like a preteen.

HOST: “Sup.”

COMMUNICATOR: “Wow . . . you’re looking . . . cool?”

HOST: “Cool? Ha! I look dope!”

COMMUNICATOR: “Okay, then. Well, I want you to imagine that *[Host’s name]* is your typical 5th grader. We are going to watch him tackle a few everyday scenarios. When he starts to lose his cool, we’re going to hit the buzzer . . .”

Communicator hits the buzzer.

“And when the response shows self-control, we’re going to hit the bell.”

Communicator hits the bell.

“Seems pretty straight forward, right?”

HOST: “Correct-a-mongo.”

COMMUNICATOR: “No kid says ‘Correct-a-mongo.’”

HOST: “Whatevs.”

COMMUNICATOR: “Alright, let’s do this. So, it is a typical school day for *[Host’s name]*, and he is soundly sleeping.”

Host lies on the stage with a pillow.

COMMUNICATOR: “When all of the sudden, his restful peace is broken by . . . *(putting alarm clock next to HOST and then making an alarm sound with mouth)* BEEP! BEEP! BEEP! BEEP!”

HOST: “*(Startled in a rage)* YOU HAVE GOT TO BE KIDDING ME! HOW CAN IT BE THE MORNING! I’M GOING TO BREAK YOU INTO A THOUSAND . . .”

Communicator hits the buzzer and Host immediately lies back down on pillow. The Communicator pauses and then beeps the alarm again.

HOST: “*(Rise gently with a stretch and a yawn)* Another beautiful day to be alive, and my alarm clock is making sure I don’t miss a second of it. Thank you, alarm clock. *(Look into the distance)* The birds are already up and singing . . . and so now I *(stand up dramatically)* will arise and sing my song as well . . . my LIFE song.”

COMMUNICATOR: “Okay that was a bit of a stretch but . . .”

Communicator hits the bell.

[Host’s name] quickly got ready and then went down to the kitchen to grab some breakfast.”

Host acts out quickly getting ready and then walking downstairs.

[Host’s name] then reached for his favorite breakfast cereal . . .”

HOST: “Nothing like starting a day with a big, heaping bowl of Lucky Charms™. They are the bomb dot com!”

Grabs the box and shakes it . . . realizing it is empty.

HOST: “*(Start to rage)* Empty?! Empty?! WHO FINISHED THE LUCKY CHARMS! HOW CAN I START A DAY WITHOUT MY LUCKY CHARMS? DON’T YOU KNOW THEY’RE MAGICALLY DELICIOUS!”

Host begins stomping on the empty box and throwing a tantrum. Communicator hits the buzzer and the Host immediately puts the smashed box back and restarts the scene.

HOST: “Nothing like starting a day with a big heaping bowl of Lucky Charms. They are the bomb dot com! *(Realize the box of Lucky Charms is empty)*. Oh man, the Lucky Charms are gone. Who finished them and put the empty box on the shelf? *(beat)* Oh, that was me. Well, *(through a painful grin)* I guess I’ll have *(reach for box)* Raisin Bran®. Yummy. They do have two scoops of raisins in every box. So . . . I’ve got that going for me. *(Taking a bite)* Mmmm . . . fiber!”

Communicator rings the bell.

COMMUNICATOR: “*[Host’s name]* cleaned up his dishes, glanced at the clock in the kitchen, grabbed his backpack, and headed out the door to the bus stop. What *[Host’s name]* didn’t realize is that the kitchen clock was slow . . . and the bus drove right on by. *(Host’s eyes move from left to right as if watching the bus pass)*.”

HOST: “I missed the bus?! I missed the bus?! THAT IS SOMETHING I WILL NEVER, EVER, EVER

DO AGAIN!!!!!!”

COMMUNICATOR: “Did you just quote a 90’s Kris Kross song?”

HOST: “I’M SO ANGRY ABOUT MISSING THE BUS THAT I’M SPITTING OBSCURE 1990s HIP HOP LYRICS! AND IF YOU WANT TO ARGUE, WELL, I’M GONNA KNOCK YOU OUT ‘CAUSE . . . MAMMA SAID KNOCK YOU OUT.”

Communicator pushes the buzzer. The scene resets.

COMMUNICATOR: “What [*Host’s name*] didn’t realize is that the kitchen clock is slow . . . and the bus drove right on by.”

HOST: “(*Eyes move from left to right as if watching the bus pass*). Well, there goes my educational transportation service. Kudos to the bus driver for always keeping to a tight schedule and being a good steward of his route and vessel. And now I am grateful for an opportunity to get a little exercise and fresh air with a brisk thirteen-mile walk to school!”

Communicator rings the bell.

COMMUNICATOR: “Later that morning, [*Host’s name*] was sitting in science class where he heard those dreaded words that every procrastinating student feared: ‘Please take out your science project and be prepared to share with the class.’”

HOST: “Science project?! That was due . . . TODAY. TODAY!? BUT . . . YOU NEVER TOLD US! I GUESS YOU BETTER MARK ME DOWN FOR TURNING IN A VOLCANO . . . BECAUSE I AM A VOLCANO OF RAGE AND I AM ABOUT TO EXPLODE!!!!!!!!!!”

Communicator pushes the buzzer. The scene resets. The Host sits in a chair like a desk facing the audience.

COMMUNICATOR: “Please take out your science project and be prepared to share with the class.”

HOST: “Science project?! That’s due today? This is a perfect example of why a planner would be a helpful accessory for my scholastic life. I will use this as an opportunity to grow as a student . . . and as a person.”

Communicator rings the bell.

COMMUNICATOR: “In our final scene, [*Host’s name*] is headed to his basketball game (*Host sits on a chair with a towel over his shoulder, holding a water bottle*), where he just learned that he has been benched and another teammate has taken his starting spot.”

HOST: “You’re benching me?! You’re benching me?! Well COACH . . . I’M BENCHING YOU! THAT’S RIGHT . . . LOOK AT ME. LOOK AT ME . . . I’M THE COACH NOW. I’M SO MAD . . . I’M RAGE HYDRATING!”

Host dramatically sprays the entire water bottle into his

own mouth. Water gushes everywhere. Communicator pushes the buzzer and the scene resets. Host towels off and sits back down calmly.

COMMUNICATOR: “[*Host’s name*] just learned that he has been benched and another teammate has taken his starting spot.”

HOST: “You’re benching me? You’re . . . benching me? (*beat*) Well it’s about time. Johnny has clearly been the better player in practice, and it is a shame for him not to get a shot just because you feel sentimental about my role on this team. Bravo for a tough coaching decision. That takes moxie. Bravo!”

Host stands up and claps. Communicator rings the bell.

COMMUNICATOR: “Hey would you all give [*Host’s name*] a hand for his incredible roleplaying of a 5th grader!”

HOST: “(*While exiting*) Peace out!”

COMMUNICATOR: “Okay, while some of those responses may have been a little dramatic, you hopefully got the gist. Every single day, we are faced with moment after moment where our self-control is tested and our temper has the opportunity to get away from us. Why do we lose our tempers? Sometimes it is because we have to wait . . . and we don’t want to wait. We’d rather explode like a volcano.”

“But check out the first part of that proverb again. (*Read directly from Proverbs 16:32a NIV*) ‘It is better to be patient than to fight.’”

“It takes a lot of patience to calm down when we get fired up. But there is great value in learning how to control our temper.”

“Check out the second part of the proverb. (*Read directly from Proverbs 16:32b NIV*) ‘It is better to control your temper than to take a city.’ Now that may be a bit confusing, but it is pretty cool if you catch what Solomon is saying. As much power as it would take to conquer an entire city in the ancient world and take it over . . . it’s even MORE impressive to be a person that can conquer your temper and take it over!”

APPLICATION

COMMUNICATOR: “So, maybe some of our ‘day in the life’ scenarios were true for you. But what are some other areas that you have to work really hard not to lose your cool? Think about what happens throughout your day—from the time you get up to the time you go to bed. Where are your frustrations? Where do things go wrong and you are tempted to explode? And what would it look like to pause before you react and conquer your own temper? A lot of times, all it takes is taking a moment to stop, think, and pray. Having self-control can be hard, but God can help!”

LANDING

COMMUNICATOR: “So as you go to small group today, think about this question:

CG: Key Question Slide

“What can you do to keep your cool?” Taking time to stop, think, and pray will look different for each one of you, depending on what happens throughout the day. In Small Group, you’ll have a chance to talk about this and figure out a plan to keep your cool when the pressure’s on. But before we head there, let’s take a moment to stop and pray. Let’s thank God for giving us Jesus and sending the Holy Spirit to help us. Let’s pray.”

Communicator leads group in a prayer related to what they just heard then dismisses them to small group.

SFX: Play high-energy music as the kids exit.

Fool to Think

Bible: Fool to Think (Slow to Anger) • *Proverbs 16:32*

Bottom Line: Think before you lose your temper.

Key Question: What can you do to keep your cool?

Memory Verse: “His divine power has given us everything we need for a godly life.” *2 Peter 1:3a (NIV)*

Life App: Self-control—Choosing to do what you should even when you don't want to

Basic Truth: I can trust God no matter what.

Groups: Creating a Safe Place to Connect (Small Groups, 15 minutes)

Create a safe place to connect and learn how the Bible Truth applies to real life experiences, through interactive activities and discussion questions.

9:00 & 11:30

Bible Extension

What You Need: Mittens, goggles/sunglasses, snacks, spoons, butter knives, a pair of dice, plastic tablecloth

What You Do:

- **Gather** kids around a table.
- In the center of the table, **place** a pair of mittens and a pair of goggles/sunglasses.
*Note: If you don't have a table, **place** a blanket or plastic tablecloth on the floor. This game can get messy.*
- **Give** each kid a snack, a spoon, and a butter knife.
- **Explain** that kids will **compete** in pairs to see who can eat their snacks first.
- To play the game:
 - Kids take turns rolling the pair of dice five times to try to roll doubles. If a kid doesn't roll doubles in his or her five rolls, he or she passes the dice to their partners.
 - If he or she rolls doubles, the kid passes the dice and then grabs the “protective eyewear” and the mittens, puts them on and tries to open and eat his or her snack using only the knife and spoon.
 - He or she continues to work at opening the snack until his or her partner rolls doubles and takes the “protective eyewear” and mittens from him or her.
 - Play continues until someone eats his or her entire snack.
 - Players can only touch their snacks if they are wearing the “protective eyewear” and mittens; players can only touch their snacks with their spoon and knife.
 - To win, a kid must be wearing the “glasses” and mittens, and his or her snack must be eaten.
- Once a winner is declared, **allow** everyone to finish his or her snack (if they want), and **ask**:
 - What was frustrating about this game?
 - When did you find it hard to be patient?
 - What did you have to do to keep your cool during the game?
 - **Read** Proverbs 16:32. How can you keep your cool and be patient when you are in situations that make you frustrated or mad? What can you do to stop and think before losing your temper?
 - What are things that relax you?

10:15**Take a Snapshot****What You Need:** Pencils, “Angry? Cards” Activity Page, “Angry? Responses” Activity Pages, tape**What You Do:**

- **Gather** kids in a circle.
- **Pass** out pencils and the “Angry? Responses” Activity Pages.
- **Tape** the “Angry? Cards” to the wall.
- **Ask** kids to read the scenario on the each of the cards and circle the corresponding emoji, representing how angry each situation would make them.
- **Explain** the rating scale:
 - One = not angry at all
 - Two = annoyed
 - Three = angry or upset
 - Four = furious
- **Point** out that the scenarios on the cards have numbers as well as the boxes on the Activity Pages. **Instruct** kids to pay attention to which scenario they are rating and to choose the correct box.
- After everyone has finished, **discuss** the results:
 - What situations made people angry or furious? Why do you think that is?
 - What situations didn’t seem to make people angry? Why do you think that is?

What situations had the greatest range of ratings? Why do you think the ratings were so varied?

All Service Times**Pray and Dismiss (5 minutes)****What You Need:** Rubber bands or silicone bracelets, markers**What You Do:**

- **Encourage** kids to create a mantra to help them keep their cools.
- If necessary, **prompt** them to use the verse they selected in the Verse to Take with You Activity.
 - For example: For Proverbs 16:32, a mantra could be “Don’t take a city.”
- **Give** kids a rubber band or bracelet.
- **Encourage** kids to write their mantras on the bands as a reminder to be slow to anger.
- **Close** in prayer.

What You Say:

“God, You are so patient, and You understand that we struggle at times with self-control and keeping our cools. You tell us to be slow to anger and that our tempers can stir things up. You tell us that self-control can bring calm to our lives. We know that to live a godly life we need to be patient and to think twice before losing our cools, and we know You give us the power to respond to situations with self-control. Help us remember that we honor You when we think before we react and when we demonstrate self-control. Amen.”

1 You plan to go to a movie with a friend and they cancel at the last minute.

2 You had try-outs and you didn't make the team.

3 You want pizza for dinner, but instead you are having fish and broccoli.

4 You try to view a video on YouTube[®] and it doesn't work.

5 Your backpack broke and all your stuff fell out.

6 You have to do more chores than your sister.





7 Your friend talked to you in class and you got in trouble.

8 You want to go home, but your parents keep talking to people after church.





What to Do:

Print and cut apart one set of cards for each small group.





1

1	2	3	4
			
not angry at all	annoyed	angry or upset	FURIOUS





2

1	2	3	4
			
not angry at all	annoyed	angry or upset	FURIOUS





3

1	2	3	4
			
not angry at all	annoyed	angry or upset	FURIOUS





4

1	2	3	4
			
not angry at all	annoyed	angry or upset	FURIOUS





5

1	2	3	4
			
not angry at all	annoyed	angry or upset	FURIOUS





6

1	2	3	4
			
not angry at all	annoyed	angry or upset	FURIOUS

7

1	2	3	4
			
not angry at all	annoyed	angry or upset	FURIOUS

8

1	2	3	4
			
not angry at all	annoyed	angry or upset	FURIOUS

What to Do:
Print one for each kid.