

Fool to Think

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

Bottom Line: Think before you lose your temper.

Memory Verse: “God’s power has given us everything we need to lead 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 need to make the wise choice.

Social: Setting the Tone for the Experience (9:00, 10:15, 11:30)

9:00 & 11:30

Roar!

- Paper plates
- Markers
- Tape
- Scissors (with pointed tips)
- String

10:15

Four Corners

- “Four Corners Scenarios” Activity Page; one for each small group
- “Four Corners Signs” Activity Pages; one set for each small group

Bible: Communicating God’s Truth in Engaging Ways (9:15, 10:30, 11:45)

- Bible Presentation in Large Group

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

9:00 & 11:30

Slow and Steady

- “Slow and Steady” Activity Page; one for each kid
- Green construction paper; one piece for each kid
- Scissors; one pair for each kid
- Pens; one for each kid
- Glue sticks; one for each kid
- Bibles

10:15

Monster Relay

- “Memory Verse Phrases” cards; two sets for each small group

Prayer (9:50, 11:05, 12:20)

- No supplies needed

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.

Memory Verse: “God’s power has given us everything we need to lead 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 need to make the wise choice.

Social: Providing Time for Fun Interaction (Small Groups, 15 minutes)

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

Before kids arrive, take a few moments to pray for them. Ask God to help kids learn the importance of being slow to anger. Pray they will realize that God can help them slow down and think before losing their temper. Ask God to show them ways to practice this today.

9:00 & 11:30

Roar!

What You Need: Paper plates, markers, tape, scissors, string

What You Do:

- Pass out paper plates and markers.
- Tell kids to decorate their plate to make a scary, roaring monster mask.
- Assist kids in cutting out eyeholes in their paper plates. Make sure the holes line up with where kids’ eyes actually are.
- Help kids measure and cut string to tape to their mask so they can wear it if they want to.

What You Say:

“Sometimes when we get really mad, it can feel like we have a monster inside who wants to get out. We might feel hot or like our heart is beating really fast, or we might feel like shouting and screaming or yelling and throwing something. ***[Transition]* When we feel like this, we might be about to lose our temper, which is what we are going to hear about in Large Group today.**”

Lead your group to the Large Group area.

10:15**Four Corners****What You Need:** “Four Corners Scenarios” and “Four Corners Signs” Activity Pages**What You Do:**

- Place the signs in four different areas of your small group environment. Corners are ideal, but you can use whatever space you have as long as the signs are fairly far apart.
- Tell the kids to listen carefully to the situations you read and then move to the appropriate sign.
- If you have mostly younger kids, take a few minutes to define the emotions on the signs (or let older kids take the lead on explaining).
 - Annoyed is a little frustrated with someone or something. Usually it means a small inconvenience or a person wants your attention when you’d rather focus on something else. You might be annoyed if your younger sibling kept putting their stuffed animal on your head while you were trying to watch a movie.
 - Upset is to be emotional in a way that doesn’t feel good. You might not be able to decide whether to cry or yell, to be sad or angry. When your favorite hoodie is destroyed going through the washing machine, you might feel upset.
 - Angry is just getting mad. You’re angry when you don’t get your way, like when your parents say you can’t watch the coolest YouTube® channel that all your friends like. You might get angry when you feel like someone isn’t being fair to you.
 - Furious is beyond mad. Furious is what happens when you find out that your hoodie wasn’t destroyed by accident, but your sister did it on purpose to pay you back for getting annoyed with her earlier. It’s hard to control furious. It feels like anger takes over your whole body.
- After you’ve gone over the emotions, read the scenarios and let kids decide how they’d feel in that situation.
- Kids might feel differently based on their personalities and experiences, and that’s okay! There’s plenty of room for interpretation here.
- Kids might also get fairly worked up about these ideas. Give them a minute or two to talk it out and cool down before ending the activity.

What You Say:

“Yikes! Those were some really intense feelings we’ve had! Let’s take a deep breath together. (*Inhale and exhale loudly.*) **[Transition] Emotions like anger can be hard to control, so let’s head to Large Group to see what could help us when we feel like we might blow our stack!**”

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.

Memory Verse: “God’s power has given us everything we need to lead 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 need to make the wise choice.

Bible: Communicating God’s Truth in Engaging Ways (Large Group, 25 minutes)

GETTING READY

1. Opener/Closer

What You Need:

- Host
- Three pre-selected Small Group Leaders
- Table
- Three cups of hot chocolate (these don’t actually need to be hot; warm is fine)
- Tray
- Ice cube tray (with ice cubes)
- Three drink stirrers
- Three handheld misting fans
- Three cups of cold milk
- “Hot Chocolate Champ” hat

What You Do:

- Select the three Leaders ahead of time, and talk to them about the game so they know what to expect.

2. Bible Truth

What You Need:

- Historyteller
- Bible
- Prop box with lots of white Styrofoam/craft balls

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.

Memory Verse: “God’s power has given us everything we need to lead 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 need to make the wise choice.

Bible: Communicating God’s Truth in Engaging Ways (Large Group, 25 minutes)

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

CG: Theme Loop Video

Host is on stage, welcoming the kids as they enter.

CG : Countdown Video

CG : Theme Video

Opener

HOST: “Hey, everybody! I’m so glad you’re here today. Last week we talked about how all of the technology around us has to update from time to time. That’s true for computers, tablets, phones, and video games. When we get an update, it means we’re getting a newer, safer, and better version.

“Updates aren’t just for technology, though. You and I need updating, too. We need to update our operating systems to make sure our responses and reactions are wise. We need to update the way we react—with self-control!

CG: Life App Video

“Self-control is choosing to do what you should even when you don’t want to.

CG: Theme TransBack Video

“I mean, what if your sister took something that belonged to you, so you said something mean that hurt her feelings? That wouldn’t be good! What if your mom or dad asked you to set the table, but you got frustrated because you really wanted to finish your TV show? Those are the moments when we need to remember to choose self-control. We need to update our operating system because we want to be the very best version of ourselves.

“In fact, I’ve got a really fun game for us today that’s all about self-control. I need three Small Group Leaders who want to be part of a hot chocolate drinking contest!

SFX: “Hot Chocolate” from The Polar Express

Bring up the three Small Group Leaders you spoke to in

advance. Have them stand behind the table.

“Here’s how this works. Each of these three awesome Leaders will get a cup of hot chocolate. We’ll see who can finish their hot chocolate first, and that person will be declared the Hot Chocolate Champ!

Give a large cup of hot chocolate to each contestant.

“Now, obviously, hot chocolate can be VERY hot. You would never want to try to drink something that’s really hot. It would definitely burn your mouth. You usually have to use some self-control to wait until your hot chocolate is cooled down enough to drink. Luckily, this is more like ‘warm chocolate,’ but I still think we should cool it off, just in case. I’ve got some things that might help.

Pick up the tray of hot chocolate cooling supplies.

“First, I’ve got an ice cube here for each of you.

Give each contestant an ice cube (from the tray) and a stirring stick.

“That should help. Now check it with your finger. Still too hot? Okay, sometimes blowing on something hot can cool it off. Wouldn’t it be even better if you had a fan? Well, you’re in luck! I’ve got a fan for each of you.”

Give each contestant a small misting fan.

“That’s right. Just point those fans at that hot chocolate for a while. *(Pause to let them use the fans.)* Now check it again. Is it still too hot? Oh, man! It’s so hard to wait for this yummy goodness to cool down so you can drink it! Deep breath . . . okay, no problem. I’ve got some ice-cold milk for each of you.

Give each contestant a small cup of cold milk.

“Just pour some of that ice-cold milk into your hot chocolate and stir it around. How about now? Is your hot chocolate cool enough to drink yet? It is? Great! Okay, let’s count down to start this contest. When we say ‘Three, two, one, go!’ you’ll drink your hot—I mean warm—chocolate as fast as you can! The first person to finish and put their cup down is the Hot Chocolate Champ!

“Audience, let’s cheer them on. Three, two, one, go!

SFX: Bring up music

Contestants guzzle down the hot chocolate.

“Wow! That was incredible! It looks like we have a winner!

Give the winner the hat that says “Hot Chocolate Champ.”

“Let’s give all our contestants a round of applause.

Dismiss contestants to their seats.

SETTING UP THE BIBLE TRUTH

HISTORYTELLER: “All month long we’re hanging out in one book of the Bible called Proverbs. (*Hold up Bible.*) Proverbs is a collection of wise sayings that were mostly written by King Solomon, who was one of the wisest people who ever lived. Throughout the book, King Solomon shares wisdom from God about how we should live our lives. Today we’re looking at Proverbs 16:32.

CG: Proverbs 16:32 Slide

Open the Bible to Proverbs 16:32 (NirV) and read.

“It is better to be patient than to fight. It is better to control your temper than to take a city.”

TEMPER TRIGGERS

HISTORYTELLER: “Solomon says, ‘It is better to control your temper.’ Let’s think about that for a minute. What are some of the things that sometimes cause us to lose our temper? If you’ve got one, raise your hand and share it. When you share something, I’ll toss you a snowball. Remember what you said when I throw you one, okay?”

*As kids give examples, toss them each a foam “snowball.”
You can toss up to two or three to each kid.*

If the kids get stuck, or if you need to rein things in, you can mention the following examples: someone interrupting you; someone taking your stuff; fighting with your sibling; being misunderstood; somebody breaking your stuff; when your parent tells you that you can’t have something; etc.

CONSEQUENCES

HISTORYTELLER: “You’re right. Those are some pretty frustrating situations. If you’re not careful, when one of those things happens to you, you might lose your temper.

“Let’s see what might happen if you were to lose control. Can one of you help me demonstrate what I mean?”

Choose a kid with his hand raised. Bring him up on stage.

“All right. As you can see, [kid’s name] already has [number] snowballs. That means he already has a couple of ‘temper triggers’—things that might make him lose his temper. What were those, [kid’s name]? (*Pause for response.*)

“Now each of you will take turns sharing your temper triggers with [kid’s name]. Call them out as you hand him the snowballs you’re holding. We’ll go one at a time, and [kid’s name] is going to take on all of our temper triggers for as long as he can.

Allow the kids to come up, one at a time, share their temper triggers, and hand their snowballs to the volunteer kid. Continue until the kid can no longer hold them all and will inevitably start dropping them.

“Oh, no! Losing your temper can cause a big mess, can’t it? It can cause broken relationships. It can get you in trouble. It can cause other people to think badly of you. [Kid’s name], thank you for your help. You can have a seat now.”

STOP AND THINK

HISTORYTELLER: “Now that we’ve seen what can happen when we lose our temper, let’s think about how we can prevent that from happening. How can we stay in control when something happens that makes us angry?”

“Well, it starts with remembering that you can CHOOSE self-control. When annoying or frustrating things happen to you, you can choose the way you react.

“What can you do? You can stop (*hold out your hand like a crossing guard stopping traffic*), think (*point to your head*), and pray (*fold your hands*) BEFORE you lose your temper. Try it with me.”

KIDS and HISTORYTELLER: “Stop (*hold up your hand like a crossing guard stopping traffic*), think (*point to your head*), and pray (*fold your hands*) BEFORE you lose your temper.”

HISTORYTELLER: “When you take time to stop and think (*do the motions*), you can stay in control before you end up with a big mess on your hands.”

Point to the pile of snowballs on the floor.

WRAPPING UP THE BIBLE TRUTH

HISTORYTELLER: “Remember the verse we read earlier?”

CG: *Proverbs 16:32 Slide*

“It is better to be patient than to fight. It is better to control your temper than to take a city.”

“Stop and think (*do the motions*) first before you lose control. If you do that, you’ll give yourself a chance to get control BEFORE you do something you might regret.

CG: *Bottom Line Slide*

[Bottom Line] “Think before you lose your temper.”

“Anytime something happens that triggers your temper, take a moment to think about what the consequences might be. And most importantly, pray and ask God to help you choose self-control. Let’s pray and ask Him for help right now.”

CG: *Blank Bottom Line Slide*

Pray

HISTORYTELLER: “Dear God, thank You for always being patient with us. There are so many reasons You could lose Your temper with us, but You don’t. Please help us stop and think before we lose our

temper with others. Help us turn to You in those moments so we can **[Basic Truth] make the wise choice**. We love You, and we ask these things in Jesus' name, amen."

"If you have an offering with you today, go ahead and bring that on up."

"Now, please get up on your feet and join me in singing praises and worship our truly amazing God."

Historyteller exits as Host enters.

Worship

CG: "Enough for Us"

CG: "Every Move I Make"

CG: "I Can Do All Things"

Closer

HOST: "I think all of us have lost our temper from time to time. When something happens that makes us mad, we forget to be patient. If we're not careful, we can let those angry feelings take over. We can lose control.

"But it doesn't have to be that way. There's a BETTER way. God wants us to stay safe. He wants us to choose self-control. The next time you feel that anger rising up inside you I want you to do this.

CG: Bottom Line Slide

[Bottom Line] "Think before you lose your temper.

"Remember, other people can see the way we act. When we choose self-control, they notice!

"How do we do that? How can we choose self-control when we feel things getting out of control? Well, we can stop, think, and pray. We can get control BEFORE we say or do something we'll regret. We can take a second to think about what the consequences of our actions might be. And we can pray and ask God to help us to think before we lose our temper. God loves us very much, and He wants the very best for us!

"Our memory verse this month is 2 Peter 1:3a.

CG: Blank Memory Verse Slide

CG: Memory Verse Slide

"His divine power has given us everything we need for a godly life." (NIV).

"With God's help, you can have self-control. You can **[Bottom Line] think before you lose your temper**, and so can I! You'll get to talk about that some more back in Small Group. Have fun!"

Dismiss children to their Small Groups.

CG: Small Group Slide

Fool to Think

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

Bottom Line: Think before you lose your temper.

Memory Verse: “God’s power has given us everything we need to lead 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 need to make the wise choice.

Groups: Creating a Safe Place to Connect (10 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

The Slow Lane

What You Need: Tissues, masking tape

What You Do:

- Place two strips of masking tape on the floor on opposite ends of the room (or about 15 feet apart)
- Invite kids to line up shoulder to shoulder on one of the lines and give each kid a tissue to place on his or her head.
- Check to make sure tissues are open and flat on kids’ heads, not folded.
- Explain to kids that the object of the game is to walk to the other line with the tissue still on their head, but while they walk, they can’t touch the tissue!
- If the tissue falls off, they have to catch it or stop and pick it up and put it back on their head (flat, not folded) before they can keep walking.

What You Say:

“The tissues in this game fell to the floor much more slowly than if we had been using something like a book or a plate. Our Scripture today talked about being slow to anger, just like the tissue fell slowly. The slow-falling tissue gave you more time to catch it and put it back on your head, and in the same way we should take the time to slow down with our reactions. When we’re mad, if we take the time to think before we do something, we’ll be less likely to do something we might regret. ***[Make It Personal] (Talk about a time when you did something in anger that you later regretted. Make sure it is age-appropriate. Share how you felt afterward and what could have prevented your actions.)*** If we say or do something to someone that makes them feel bad and hurts our relationship with them, we will soon regret it and feel awful. That’s a great reason to ***[Bottom Line]*** think before you lose your temper.”

10:15**Monster Relay****What You Need:** “Memory Verse Phrases” Activity Page**What You Do:**

- Show kids how to walk like Frankenstein’s monster, with your arms straight out in front of you while walking without bending your knees.
- Allow them to spend some time having fun walking like the monster.
- Then divide kids into two teams, and line up the two teams on one side of your space.
- Place the two sets of verse phrases on the floor across the space from the teams.
- Designate one team to be the “monster team.”
- Explain that the two teams will relay to get the phrases and put them in order, but the monster team has to walk like Frankenstein’s monster.
- If you have time, play again with the other team walking like Frankenstein’s monster.

What You Say:

“Did you notice that in this game, when you acted like the angry monster, you didn’t win the game? It took you longer to get your pieces than it took the other team, who was able to act normally. In life, there are many times when we could let the angry monster inside of us take over. But that’s not what we should do, is it? We need to remember God has given us His power to live godly lives and do the right thing. When you **[Bottom Line] think before you lose your temper**, you are able to give that angry monster inside of you a chance to cool down. Then you can act calmly and respond in a positive way.”

All Service Times**Pray and Dismiss (10 minutes)****What You Need:** No supplies needed**What You Do:**

- Ask kids if it’s hard for them to slow down their bodies and their minds sometimes.
- Talk about some ways we can slow down our minds and bodies and do some of them now. You might take deep breaths, move slowly, sit with your hands in your lap, close your eyes, or pray silently.
- Pray while kids are sitting quietly.

What You Say:

“Father, it’s hard for us to slow down. We want to do everything quickly, and we want to say what we want to say it as soon as we feel like saying it. But Your Word teaches us that we should **[Bottom Line] think before you lose your temper**. Please help us to do that this week. Remind us to slow down and not say or do things out of anger. We don’t want to hurt others, and we want to be obedient to You. Amen.”

You're trying to read a book for school and your little cousin keeps running their toy train on the open pages.

Your best friend writes on the whiteboard at school that you still sleep with a stuffed Elmo. It's not true.

Your other best friend tells the teacher that you once said she smelled like tuna fish. This is true.

Someone steals your bike from your front yard.

Someone takes your spot in the school lunch line.

Someone locks you in the bathroom, lies to the teacher that you have the flu, and takes your place in the state spelling bee.

You're just finishing your model airplane when your sister comes in your room, slamming the door so hard the room shakes and you mess up the last decal.

Your little brother spills something on your favorite sweater by accident.

Your little brother spills something on your favorite sweater on purpose.

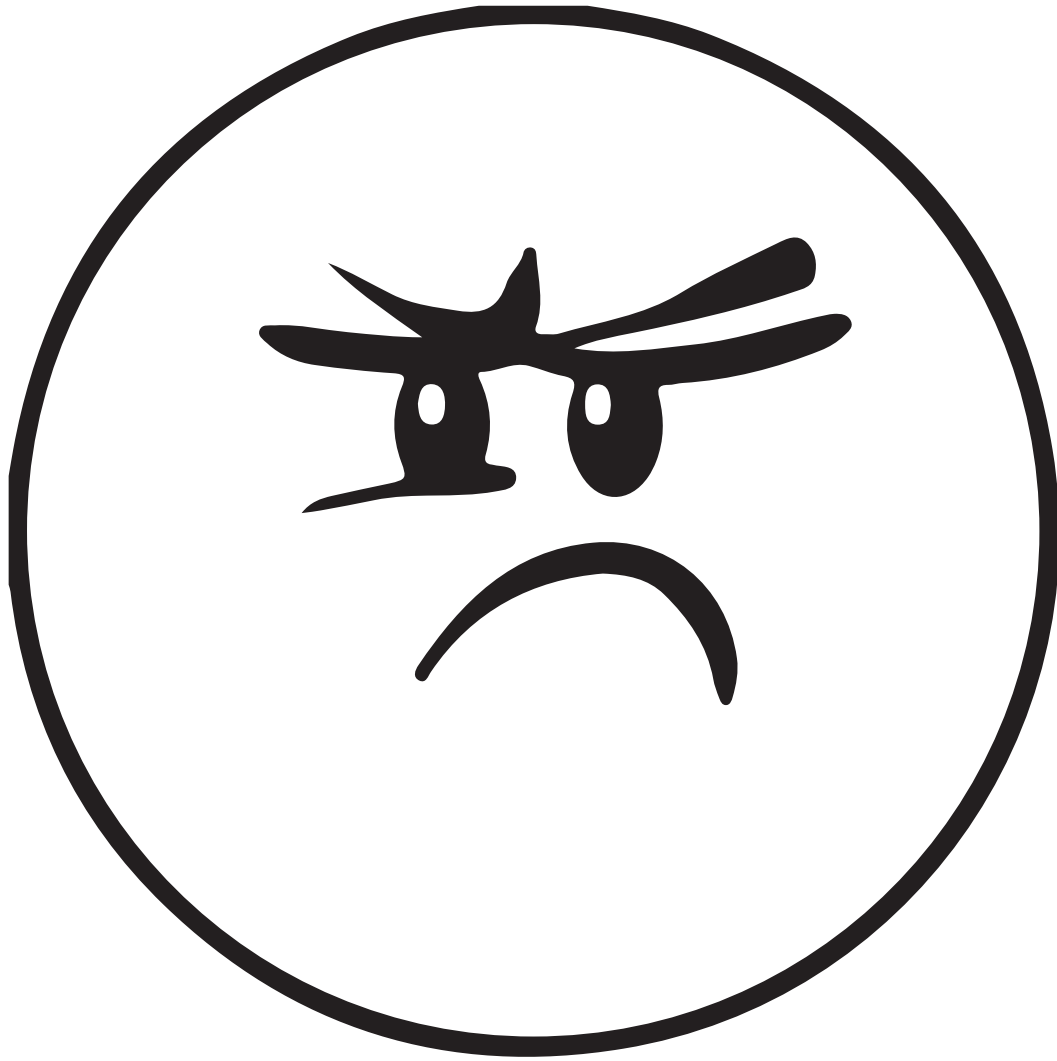
You walk straight in to the screen door you'd asked your cousin to keep open, and drop a giant blob of your favorite potato salad onto your new sneakers. The door is broken, your nose is bruised, your meal is ruined, your sneakers are smelly, and your toes are purple.

What to Do:

Print one for each small group.

Four Corners Scenarios

January 2019, Week 2, Small Group K-5
©2018 The reThink Group, Inc. All rights reserved.



ANNOYED

What to Do:

Print one for each small group.

Four Corners Signs 1/4

January 2019, Week 2, Small Group K-5
©2018 The reThink Group, Inc. All rights reserved.



UPSET

What to Do:

Print one for each small group.

Four Corners Signs 2/4

January 2019, Week 2, Small Group K-5
©2018 The reThink Group, Inc. All rights reserved.



ANGRY

What to Do:

Print one for each small group.

Four Corners Signs 3/4

January 2019, Week 2, Small Group K-5
©2018 The reThink Group, Inc. All rights reserved.



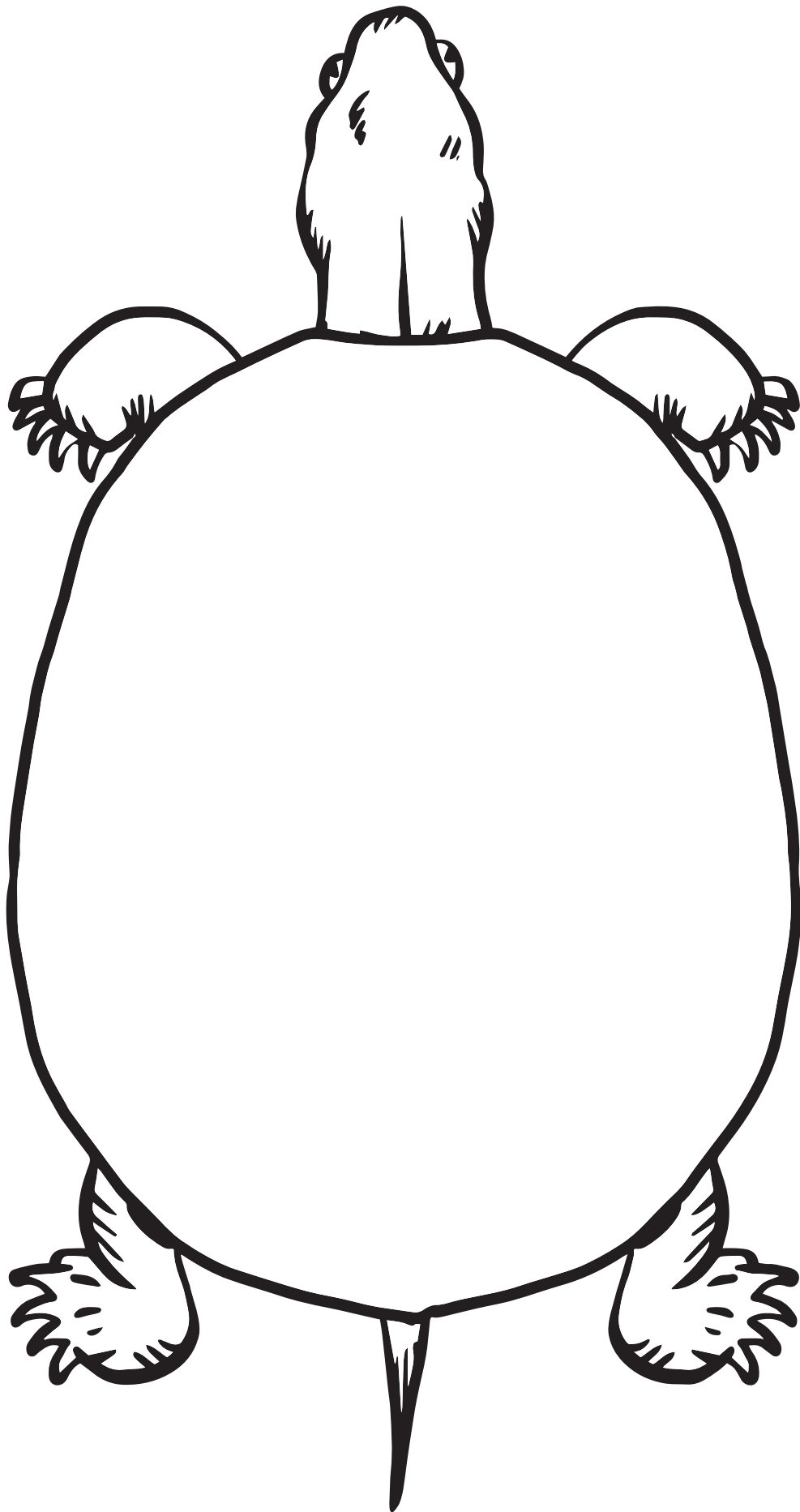
FURIOUS

What to Do:

Print one for each small group.

Four Corners Signs 4/4

January 2019, Week 2, Small Group K-5
©2018 The reThink Group, Inc. All rights reserved.



What to Do:
Print one for each kid.

Slow and Steady
January 2019, Week 2, Small Group 2-3
©2018 The reThink Group, Inc. All rights reserved.

1 “His divine

2 power has

3 given us

4 everything

5 we need for

6 a godly life.”

7 2 Peter 1:3a,
NIV

What to Do:

Print and cut apart. Make two sets for each small group.

Memory Verse Phrases, NIV

January 2019, Week 2, Small Group K-1
©2018 The reThink Group, Inc. All rights reserved.