

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

Early Arriver

- Music player
- Music

10:15

Monster Mash

- Music player and “Monster Mash” by Bobby “Boris” Pickett

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

Monster Relay

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

10:15

Count from One

- “Count from One Scenarios” Activity Page; one for each small group
- Small slips of paper
- Small container
- Pencils
-

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

- No supplies needed

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

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

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

Early Arriver Idea

What You Need: Music player, music

What You Do:

- Talk to kids about how sometimes you get excited or angry or you have too much energy and you just want to shake your arms or move your body or jump and stomp.
- Tell kids that when you say to go, they will find a space in the room where they can move their body.
- Let them know that when the music is playing, they can move their body however they want as long as they don't touch anyone or anything.
- But when the music stops and you say, “Think,” they have to stop moving and put one hand on their chin and one hand on their waist in a “thinking” position.
- Demonstrate and practice the “thinking” position. Then say, “Go find your space!”
- When everyone is ready, turn the music on.
- After 30 to 60 seconds, stop the music, and call out, “Think!”
- Repeat as long as time and interest allow.

Lead your group to the Large Group area.

10:15

Monster Mash

What You Need: Music player, “Monster Mash”

What You Do:

- Play “Monster Mash” and invite kids to dance however they think monsters would dance.
- Encourage them to be silly and creative.

Lead your group to the Large Group area.

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

GETTING READY

1. Opener/Closer

What You Need:

- Host
- Host’s phone
- Table
- Prop box with lots of white Styrofoam/craft balls (from last week)
- Two large, clear plastic bins
- Masking tape

What You Do:

- Place the prop box with the foam “snowballs” on the stage, but out of the way. Place the table in the middle of the stage, and put the clear containers on the table.

2. Bible Truth

What You Need:

- Historyteller
- Bible
- Prop box
- Batteries
- Gymnastic leotard
- TV remote

3. Worship

What You Need:

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

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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 enters.

CG: Countdown Video

CG: Theme Video

Opener

HOST: “Welcome back to The Treehouse! It’s already the second week in January. Wow, this year is flying by already! Hopefully no one has broken their New Year’s resolution yet. I personally resolved to eat more chocolate and watch more TV, and so far, I’m two for two. But right now, let’s get up on our feet and sing some praises and worship our good good God.

Worship

CG: “Enough For Us”

CG: “Every Move I Make”

CG: “I Can Do All Things”

“I’m KIDDING. In fact, if anything, I’m working on a better me right now, because there’s no better time than January to reboot the old operating system. Some people start working out or watching what they eat—all of which is good—but here at [your environment’s name], we’re talking about something even bigger. In fact, if you get this right, it will help you no matter what your New Year’s resolution is. This month we’re talking about 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

“If you want to have self-control, you need to update the way you react. That’s not easy, but we can do it with God’s help.

“Are you ready to kick things off today with a fun game? *(Pause for response.)* Great!

Hold up one of the foam “snowballs.”

“Last week you used these snowballs to take a wall down, but today I want you to use them to fill something up. Let’s have a little competition! First, let’s get into two teams.

Divide the kids in half and line them up behind the masking tape line.

“On the count of three, you’ll start throwing these snowballs and trying to get as many as you can into your team’s bin. But you’ve got to have some self-control, because you can’t throw your ball until the person in front of you has thrown theirs. After you throw, you’ll go to the back of the line and wait your turn before you can try again. If you miss, go grab the snowball you just threw and put it back in the pile here in front of the line. After 60 seconds, we’ll check the bins and see which team landed the most snowballs.

“Are you ready? On your marks, get set, GO!

Set a 60-second timer on your phone.

SFX: Upbeat music (optional)

Make sure the kids are showing self-control and waiting their turn. If the game is too easy or too difficult, you can move the tape line forward or backward.

After 60 seconds, count the snowballs in each bin and declare the winning team. Set the snowball box and bins to the side.

“Great job! Everyone have a seat because it’s Bible Time!”

Host exits. Historyteller enters.

SETTING UP THE BIBLE TRUTH

HISTORYTELLER: “Hi, everyone! We’ve got another great verse from the book of Proverbs to look at today. *(Hold up Bible.)* The book of Proverbs is full of wisdom that mostly came from King Solomon, one the wisest people who ever lived. King Solomon was inspired by God to share these important ideas that can be so helpful for us today.

“Like this one from 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.

“That’s some pretty good wisdom right there. It’s definitely better to be patient than to fight. I don’t think I’ve ever tried to take over a city, but I know that it’s always better to have self-control than it is to get mad and do something I might regret.”

THE BIG BLOW-UP

HISTORYTELLER: “Have you ever woken up in a great mood—ready to make great choices and have a great day—but then something unexpected happens? It throws you off, and you lose your temper. Raise your hand if that’s ever happened to you. *(Pause for response.)*

Hold up the batteries.

“Maybe you wanted to play with one of your favorite toys, but the switch had been left on and the batteries were dead. You checked and found out you didn’t have any extra batteries in the house. You got so angry that you threw your toy across the room!

Hold up the gymnastics leotard.

“Or maybe you were at gymnastics practice and you got distracted by some other girls on your team and made a mistake in your routine. You lost your temper and said some mean things that you wish you hadn’t said.

Hold up the TV remote.

“Or maybe you were looking forward to a lazy Saturday morning, watching TV in your pajamas. But then your mom or dad walked in and told you to get dressed and go outside for a family workday in the yard. You got so mad that you stomped around the house and the yard, being rude to everyone.”

THE AFTERMATH

HISTORYTELLER: “Maybe one of those things has happened to you. Or maybe you can think of some other times when you got really angry about something. When we think things will go one way and then something changes the plan, it can be really frustrating. If we’re not careful, we’ll lose our temper, and that can cost us big time.

Hold up the batteries.

“Remember the toy with the dead batteries? If you threw that toy across the room, what do you think might happen to it? Right. It might break, and then you wouldn’t have it to play with at all.

Hold up the gymnastics leotard.

“What if you said those mean things at gymnastics practice? Well, if you lose your temper like that, your coach might tell you that you have to sit out of practice and watch everyone else have fun.

Hold up the TV remote.

“And what about family workday in the yard? If your parents see you stomping around and having a bad attitude, you’d probably have a consequence. You might not be able to watch TV for a week!”

STOP AND THINK

HISTORYTELLER: “We’ve all been frustrated. We’ve all lost our temper. And we’ve all had to face the consequences of our actions when we’ve lost control. So how can we fix it? How can we update our operating system to keep that from happening again?”

“Let me tell you: self-control! Remember, self-control is choosing to do what you should even when you don’t want to. And I’ve got a great way for us to remember how to do that. Say this with me: ‘Stop, think, and pray!’”

KIDS and HISTORYTELLER: “Stop, think, and pray!”

HISTORYTELLER: “When you say, ‘Stop,’ put both hands out in front of you, like this. (*Demonstrate.*) Then, when you say, ‘Think,’ use both hands to point to your head. Finally, when you say, ‘Pray,’ fold your hands together in front of you. Got it? Let’s try it.”

KIDS and HISTORYTELLER: “Stop, think, and pray!”

HISTORYTELLER: “Good! So when you feel really angry because the batteries died in your favorite toy . . .”

KIDS and HISTORYTELLER: “Stop, think, and pray!”

HISTORYTELLER: “When you feel embarrassed because you got distracted and made a mistake at gymnastics . . .”

KIDS and HISTORYTELLER: “Stop, think, and pray!”

HISTORYTELLER: “When you feel irritated because your parents want you to help them with something when you have other plans . . .”

KIDS and HISTORYTELLER: “Stop, think, and pray!”

HISTORYTELLER: “That’s right! If we want to **[Basic Truth] make the wise choice**, we’ve got to stop, think, and pray first. If we do that, we can give ourselves a chance to calm down and stay in control.”

WRAPPING UP THE STORY

HISTORYTELLER: “Unfortunately, this is a lesson that a lot of people have to learn the hard way. They only understand after they’ve lost their temper way too many times, and they have to face the consequences. But you don’t have to learn it the hard way! You just need to stop, think, and pray before you do something you might regret.

CG: Bottom Line Slide

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

“That’s what Solomon was saying in the verse we looked at earlier. We need to stop and think so we can control our temper. And we need God’s help to do that, don’t we? That’s why we pray! Let’s do that right now and ask God to help us.”

CG: Blank Bottom Line Slide

Pray

HISTORYTELLER: “Dear God, we know You want us to have self-control, but it can be really hard when we start to feel angry or frustrated. Please help us to remember to stop and think before we lose our temper. Thank You for promising to always be with us and to help us do what we can’t do on our own. We love You, and we ask these things in Jesus’ name, amen.”

“If you have an offering with you today, raise your hand and we will bring the bucket over to you.”

Historyteller exits as Host enters.

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

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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

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.”

10:15**Count from One**

What You Need: “Count from One Scenarios” Activity Page, slips of paper, container, pencils

What You Do:

- Give each kid a slip of paper and a pencil.
- Number the kids, starting at one.
NOTE: For the purposes of these instructions, we’ll use the number ten, but you will use the number of kids in your group instead.
- Tell kids to write their number on their slip of paper, fold it, and put it in the container. Tell them they’ll need to remember their number.
- Explain that when you’re tempted to lose your temper, it can help if you count to ten before responding. That will help you have self-control.
- Tell kids that they will get a chance to practice that right now.
 - You will read a scenario that describes a time when they might be tempted to get angry and lose their temper.
 - Then they will count from one to ten, with each person saying their own number.
 - You’ll pull two numbers out of the container, and the kids with those numbers will come up with a way to respond to that scenario without losing your temper.
- Read through the scenarios on the Activity Page one at a time.
- After reading each one, give kids a different way to say their numbers: whisper, jump when it’s your number’s turn, each person’s voice gets a little softer, etc.

What You Say:

“There are so many things that can happen in our lives to make us angry. And we all get angry sometimes. Anger isn’t the problem—losing our temper is. When you get angry—and you will—the trick is to take a few moments, count to ten, and give yourself time to settle down before losing your temper.

[Make It Personal] (Tell kids an age-appropriate story about a time when you got angry and were tempted to lose your temper, but you were able to calm down and have self-control instead.)

“Raise your hand if you’re going to do your best to ***[Bottom Line]*** think before you lose your temper this week. *(Pause. Raise your hand too.)* Me too!”

All Service Times**Pray and Dismiss (10 minutes)**

What You Need: No supplies needed

What You Do:

- Tell kids that you will pray

What You Say:

“Dear God, we thank You for Your power. You are so amazing, and we’re so glad You love us. We know that sometimes we get angry. *(To kids)* Show me your angry face. *(Pause.)* God, please help us to stop and think when we get angry. Help us to not lose our temper. *(To kids)* Show me your happy face. *(Pause.)* We want to do the right thing and live godly lives. In Jesus’ name, amen.”

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

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Scenarios

You and your sister are playing your favorite video game, and she beats you for the first time ever. She dances around the room and then gets right up in your face and says, “Na-na-na-na-na. I just beat you!” and then falls down laughing.

You worked really hard to make the biggest, tallest LEGO® tower you could. You called out to your dad to come see it and take a picture, but before he could, your little brother ran into the room and straight into the tower, smashing it to the ground.

Your mom said the family would watch your favorite movie for Family Movie Night tonight. You’re super excited, because usually you can’t get anyone to watch it with you. But then your teenage sister’s friend calls and asks her to come over, and she does. Then your dad calls and says he’ll be home really late from work. And when the movie starts, your baby sister starts crying and WON’T stop, so your mom has to leave the room with her. And now you’re watching your favorite movie all alone AGAIN.

Your dad tells you to pick up all the toys in the living room, but you’re busy playing on the tablet in your bedroom, so you tell your brother to do it for you. He doesn’t say no, so you think he does it. Twenty minutes later your dad comes storming in asking you why he just tripped over a toy car in the living room.

Your grandma took you shopping, and you got a bag of your favorite gummy bears from the candy shop at the mall. You had a few left when you got home, so you put them on the table by your bed to eat later. Now you’ve eaten supper, and your mom says you can eat the rest of your candy if you want. You go into your room only to discover your little sister has beaten you there and is popping the last gummy bear into her mouth!

What to Do:

Print one copy for each small group.

Count from One Scenarios

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