



**JANUARY THEME**

**OPERATING SYSTEM**

Update the Way You React

**BIBLE STORY**

Proverbs 16:32

Fool to Think | Slow to Anger

**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...and with God’s help I can!

**FOR LEADERS ONLY**

**GOD VIEW:** the connection between **SELF-CONTROL** and God’s character, as shown through God’s big story.

**THIS WEEK—Key Question: What can you do to keep your cool?** Just because you know that you should keep your cool, doesn’t mean you know how to do it. We want families to figure out the ways they can keep calm during stressful situations.

Next, we look at **Proverbs 16:32**, where Solomon uses the idea of a fighting warrior to help us understand that, regardless of the situation, being patient and keeping our cool is always the wise choice.

**Bottom Line: Think before you lose your temper.** God can give us the strength we need to pause and think about the consequences of our actions. Rather than letting our anger get the better of us, God can help us show patience and keep the situation under control.

**SOCIAL: PROVIDING TIME FOR FUN INTERACTION**

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

Before kids arrive, **PRAY** for each group member by name. 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.

**•• EARLY ARRIVER IDEA**

**Made to Move** | *An activity that increases the oxygen in the brain and taps into the energy in the body*

**What You Need:** No supplies needed

**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 you say “Go!,” they can move their body however they want as long as they don’t touch anyone or anything.
- But when you say, “Think,” they have to stop moving and put one finger 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, say “Go!”
- After 30 to 60 seconds, call out, “Think!”
- Repeat as long as time and interest allow.



●● **SLOW + FAST**

*Made to Move | An activity that increases the oxygen in the brain and taps into the energy in the body*

**What You Need:** “Slow and Fast” coloring sheets, markers

**What You Do:**

- Give each child a “Slow” coloring sheet and place the markers in the middle of the table.
- Encourage them to be creative as they decorate each word.
- While they decorate the “Slow,” talk about what “Slow” looks like. Have them color really slowly, move slowly to pick out markers, talk slowly, etc.
- Then give them a “Fast” coloring sheet and talk about what “Fast” looks like as they decorate. Have them color fast, move quickly to pick out a marker, talk really, really fast, etc.

**What You Say:**

“[Transition] Today in Sunday CM worship/WOW family worship, we’ll hear/we heard about why it’s important sometimes to move slowly and think about what we’re doing rather than racing to act quickly.”

*[Sunday Leaders: Lead your group to the Family Room for Children’s Ministry worship. Wednesday Leaders: Continue with the study.]*

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## GROUPS: CREATING A SAFE PLACE TO CONNECT

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

●● **THE SLOW LANE** [Talk about God | Bible Story Review | Application Activity]

*Made to Move | An activity that increases the oxygen in the brain and taps into the energy in the body*

**What You Need:** Tissues

**What You Do:**

- Invite kids to line up shoulder to shoulder in the long hallway leading to the small group rooms. 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 end of the hall 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.**”



●● **COUNT FROM ONE** [Live for God | Application Activity]

*Made to Play | An activity that encourages learning through following guidelines and working as a group*

**What You Need:** “Count from One Scenarios” activity page

**What You Do:**

- 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.
- Read through the scenarios on the “Count from One Scenarios” activity page one at a time. The scenarios describe times when they might be tempted to get angry and lose their temper.
- After reading each one, give kids a different way to count to ten: everybody count together in a loud voice, everybody whisper, start loud on one and get quieter with each number, take turns saying a number and jump up when you say your number, etc.
- With each scenario, when you reach number 10, work together to brainstorm a way to respond to that scenario without losing your temper.

**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!”

●● **SLOW AND STEADY** [Hear from God | Memory Verse Activity]

*Made to Create | An activity that explores spiritual ideas through the process of drawing, building, and designing*

**What You Need:** Bible, “Slow and Steady” activity pages, markers

**What You Do:**

- Look up the memory verse together (2 Peter 1:3a).
- Give each kid a “Slow and Steady” activity page and set out the markers where everybody can share them.
- Instruct kids write the memory verse in the empty space around the turtle, using a different colored marker for each word.
- Then, they should decorate the turtle’s shell as colorfully as they can.

**What You Say:** “That craft took some time to finish! What do you think of when you think of turtles? *(Pause for answers.)* That’s right! Turtles are slow, and we had to slow down to complete this craft! Slowing down is a good way to remember to **[Bottom Line]** think before you lose your temper. Our verse tells us that God has given us everything we need to live a godly life. One of the things God has given us is the instruction to slow down, because when we slow down before we speak, we are less likely to hurt others. Hang these turtles up in your room this week so you can remember to slow down before you hurt someone.”

**PRAY AND SEND** [Pray to God | Prayer Activity]

*Made to Reflect | An activity that creates space for personal understanding and application*

