



**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.

**•• 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:** No supplies needed

**What You Do:**

- 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
  - Blink
  - Say their name
  - Clap their hands or snap their fingers

**•• GET YOUR HEAD IN THE GAME**

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

**What You Need:** Decks of cards

**What You Do:**

- Establish groups of three or 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] Today in Sunday CM worship/WOW family worship, we’ll hear/we heard about when it’s really important to think twice before reacting.**”

*[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.

### •• TAKE A SNAPSHOT [Live for God | Application Activity]

**Made to Connect | An activity that invites kids to share with others and build on their understanding**

**What You Need:** Pens, “Angry Scenarios” activity page, “Angry Responses” activity pages

#### **What You Do:**

- Gather kids in a circle.
- Pass out pens and the “Angry Responses” activity pages.
- Read scenario one from the “Angry Scenarios” activity page and tell kids to circle the corresponding emoji, representing how angry the situation would make them.
- Explain the rating scale:
  - One = not angry at all                      —Three = angry or upset
  - Two = annoyed                                —Four = furious
- Continue with the other scenarios on the Activity Page.
- When you have 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?

### •• BIBLE STORY EXTENSION [Talk about God | Bible Story Review]



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

**What You Need:** Bible, “Winter” word search activity page, dice

**What You Do:**

- Ask kids to pair up. Give each kid a “Winter” word search puzzle. Give each team a dice.
- Explain that kids will compete in pairs to see who can complete their puzzle first.
- To play the game:
  - Kids roll the dice to see who goes first. The kid who rolls the highest number keeps the dice. Their partner should start working on finding the words in his word search puzzle.
  - The kid with the dice keeps rolling the dice until he rolls a six. When he rolls a six, he hands the dice to his partner and starts trying to find words in his word search puzzle.
  - The partner now rolls the dice until he rolls a six. When he rolls a six, he hands the dice to his partner and continues to try to find words in his puzzle.
  - Continue until one of the partners has found all the words in his puzzle.
  - NOTE: If this activity takes too long, just stop it. Whichever partner has the most words found is the winner.
- Once every team has a winner, 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?
  - Look up and 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?

**•• DISCUSSION QUESTIONS** [Live for God | Application Activity]

***Made to Connect | An activity that invites kids to share with others and build on their understanding***

**What You Need:** No supplies needed

**What You Do:**

- Ask some of the following questions...
  - What situations make you angry? Why?
  - How do you feel after you lose your temper and do something you shouldn’t do?
  - What can be the consequences of losing your temper?
  - What are things you can do to stay calm?
  - Give an example of when you kept your cool when it was not easy. What did you do to remind yourself to have self-control?

**•• VERSE TO TAKE WITH YOU** [Hear from God | Memory Verse Activity]

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

**What You Need:** Bibles, “Proverbs” activity pages, pens

**What You Do:**

- Explain that the book of Proverbs is part of God’s story.
- Share some facts about Proverbs...
  - Proverbs was mostly written by Solomon.
  - Solomon asked God for one thing: wisdom. God blessed Solomon and gave him incredible insights about how to live.
  - Solomon wrote Proverbs to record the way God wants us to live and treat each other.
  - Proverbs is called a “wisdom” book because God, through Solomon and Proverbs, gives us wisdom about how we should live.

