



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: “Slow and Fast” coloring sheets, crayons

What You Do:

- Give each child a “Slow” coloring sheet and place the crayons 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 crayons, 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 crayon, talk really, really fast, etc.

•• SLOW + FAST SIGN

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



What You Need: Foam rectangles, crayons, “Slow” and “Fast” coloring sheets, glue sticks

What You Do:

- Help kids glue their “Slow” on one side and “Fast” on the other side of the foam rectangle.
- Give them crayons to decorate around the “Slow” and “Fast” signs.
- Encourage them to make their signs unique and as detailed as they wish.

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.]

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 YOUR TIME [Talk about God | Bible Story Review | Application Activity]

Made to Imagine | An activity that promotes empathy and facilitates biblical application through role-play and reenactment

What You Need: “Slow + Fast Sign” from Social activity, craft sticks, clear tape

What You Do:

- Ask kids what they remember from Children’s Ministry worship/WOW family worship.
- Remind them of the Bottom Line: **[Bottom Line] Think before you lose your temper.**

What You Say: “Sometimes when we get angry, we forget to think. We move too fast and we just react. Maybe we throw a tantrum, maybe we yell and scream. But today we’re talking about how it’s important to move S-L-O-W...especially when we’re angry.”

What You Do:

- Hand out kids’ signs from the “Slow + Fast Sign” activity. NOTE: If you did not already do this activity, hand out the foam rectangles, color sheets and crayons and help kids do it now.
- Help kids tape a stick to the bottom edge of the foam rectangle so they can hold up the plate like it’s a traffic sign.
- Tell kids to hold up the “Fast” side of their sign and move their feet in place really quickly.
- Then instruct kids to hold up the “Slow” side of their sign and move around your table slowly.

What You Say: “Whenever you feel angry and you start to react fast, take a moment to think about what you’re feeling and choose to have self-control and move S-L-O-W. It is so important to **[Bottom Line] think before you lose your temper.** Why? Because when we lose our temper, somebody can get hurt. We might hurt someone’s feelings, or we might actually hurt their bodies if we hit or throw things. We don’t want to do that, right? And I also know that when I lose my temper, I don’t feel right about it afterward. I know I didn’t do the right thing, and I need to apologize to the other person. So let’s all choose to think before losing our tempers, let’s move S-L-O-W and make sure we don’t make the situation worse.”

•• 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: “Slow and Steady” activity pages, crayons

What You Say: “This month’s memory verse is...“*God’s power has given us everything we need to lead a godly life*” from 2 Peter 1:3a, NIV. It reminds us that we have everything we need from God...and God will help us...even when we’re angry.”

What You Do:

- Hold up a “Slow and Steady” activity page.

What You Say: “Have you ever seen a turtle in real life? *(Pause for answers.)* Do turtles move slow or fast? *(Pause for answers.)* That’s right! Turtles are really, really slow creatures, aren’t they? Today we’re talking about how sometimes we get angry. Has anyone ever been angry before? *(Pause for answers.)* That’s ok. Sometimes things happen that make us mad. That’s not a bad thing. But what is sometimes bad is how we act when we’re angry. Sometimes we hurt others with our words and actions when we’re angry. Today, we want to think about acting like a turtle. When we get mad, instead of moving fast in anger, we want to move S-L-O-W-L-Y like a turtle... and take some time to calm down and **[Bottom Line]** think before you lose your temper.”

What You Do:

- Give each kid a “Slow and Steady” activity page and set out the crayons where everybody can share them.
- Instruct kids to take some time to plan out how they are going to color the turtle’s shell. Remind them to move slowly, just like a turtle.
- Then, help the kids 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

