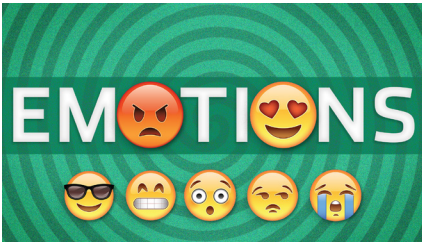


# Small Group Experience

## LESSON 4 - “Anger”



### Watt's Up:

“I’ll Control My Anger And NOT Take Revenge!”



### Power Verse:

“Don’t sin by letting anger control you...”

**-Psalm 4:4a**

## Retelling The Bible Story

### SUPPLY LIST:

- \* Bible Story Nametags (*provided; print one set*)
- \* Tape
- \* Yarn (*optional for the nametags*)

### TEACHER INSTRUCTIONS:

*Before small group begins, print the Bible Story Nametags Print Pieces. Once small group begins, ask the group for volunteers. Assign parts based on the nametags. Pass out the nametags for the kids to cut out. Name tags can be taped on or can be worn like necklaces if yarn is used. Once all volunteers are ready, begin reading the lesson excerpt aloud. Volunteers should act out the lesson as you read. Encourage them to have fun and really get into playing their parts. Continue this way until the story is complete.*

**Say** - I need help reviewing our Bible story. Who would like to volunteer?

**-Choose volunteers and assign parts-**

**Say** - We could begin the story review right away, but I think we need to add a little something to make the story even better. I am passing out some name tags for all volunteers to wear. Cut out the appropriate piece for the part you were assigned.

**-Allow the kids time to prep their props. Help as needed-**

**Say** - Great! I think we are ready to begin. I will read aloud and you will act out the events and emotions of the story. When you hear a part with your character, act it out!

**-Read the provided lesson excerpt aloud pausing when action should take place-**

**Say** - We’ve been talking about the story of David and how he learned to deal with his emotions as he ran for his life from King Saul. In today’s Bible Story, we find David on the move once again. This time he was headed for the wilderness of Maon.

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In Maon, there was a man named Nabal (which means fool) who was very rich. He had three thousand sheep and a thousand goats, and it was sheep-shearing time. So David sent his men to Nabal and had them deliver a message, saying, “Peace to you and everyone here! I know it’s sheep-shearing time, and you are going to have a big feast with all of your men. I want you to know that my men, and I camped out near your sheep recently, and we didn’t harm a single one of them - in fact, we helped protect them! So we would like you to share your feast with us. Give whatever you heart tells you to give us.”

Nabal was very mean, and he told David’s men, “Who does David think he is? I don’t even know him. Do you think I’m going to give away all of my good food to this complete stranger?”

David’s men were shocked, and they quickly ran back to David to tell him what Nabal said. When David got word from his men that Nabal insulted him, he was angry! David yelled to his servants, “Get your swords! I will kill Nabal and his whole family!” David let his anger control him, and he planned to get revenge on Nabal and his entire family!

However, one of the servants told Nabal’s wife, Abigail, what happened and that Nabal was really mean to David. Abigail was quick to go and meet David out in the field. She begged David, “Please forgive! Don’t take on the burden of revenge.” Then she gave David and his men a whole bunch of food and drink so they could feast. David felt horrible for threatening to take revenge. He had let his anger get control over him. He realized his mistake. David told Abigail, “Return home in peace. I will not kill your husband.”

**Say** - Thank you for doing such a great job and helping with the Bible story! You really brought it to life!

**Ask** - Why do you think David got so angry?

**-Allow time for the kids to answer; discuss their answers with the group-**

**Ask** - Was it wrong for David to be angry?

**-Allow time for the kids to answer; discuss their answers with the group-**

## **Game/Activity**

### **SUPPLY LIST:**

- \* Anger & Peace Print Piece (*provided; print one set; if you would like the game to take longer, print additional sets to add to the bowl or basket*)
- \* Basket or bowl
- \* Cup (*one per team; large enough to hold the print pieces*)
- \* Scissors (*enough for the group to share*)
- \* Something to keep time

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**TEACHER INSTRUCTIONS:**

*Before small group begins, print the Anger & Peace Print pieces. Once activity time begins divide the group into teams and have the kids help cut out the print pieces. Mix up the pieces and place them in the bowl or basket. This game will be played similar to “Fruit Basket Turnover.” Teams will take turns playing this game. When it is time to play, take the bowl and turn it upside down allowing the pieces to spill out to the floor. Start the timer and say go. The chosen team should race to pick up the Peace Pieces and return them to their team cup. They may only pick up one PEACE Piece at a time. If they accidentally pick up an Anger Piece, they must sit down and say, “I’ll control my anger.” They can then drop the Anger Piece and continue on. When time is up count how many Peace Pieces the team collected. Keep track of their score and have them add all of the pieces back to the basket. Repeat the process with the next team and continue on this way until every team has had a chance to play. The team who picks up the most Peace wins! This game can be played multiple rounds as time allows.*

**Say** - David needed to drop the anger and pick up PEACE, and so do we! I would like to practice this, so I have a game for us to play. First I need your help getting the game pieces ready. Cut out the Anger and Peace circles and place them in the basket.

**-Allow time for the kids to complete the task-**

**Say** - Now we are ready to play the game! This game will be played one team at a time. Each team is being given a cup. When it is your teams turn, place the cup near where I am standing. I will start the timer and dump the basket contents. When I say “Go”, the chosen team should race to pick up the Peace Pieces and return them to their team cup. They may only pick up one PEACE Piece at a time. If you accidentally pick up an Anger Piece, you must sit down and say, “I’ll control my anger.” Then you can drop the Anger Piece and continue on. When time is up we will count how many Peace Pieces your team collected. Each team will have a turn at this game. The team who picks up the most Peace Pieces wins!

**-Play the game, this can be played multiple rounds as time allows-**

**Group Sharing****SUPPLY LIST:**

\* Pick Up Peace Print Piece (provided; print one per kid)

**TEACHER INSTRUCTIONS:**

*Before small group begins print and cut the Pick Up Peace print pieces. Once group sharing begins, pass out the print pieces and begin.*

**Say** - David was overcome with anger, and that anger spilled over into his decision making. He almost made a huge mistake that would have had grave consequences. David went from being content and happy to furious and explosively angry in a moment. Anger is not something that only David dealt with. Anger is something that we all will deal with at some point in time. Why is it important that we learn how to deal with our anger? Let’s discuss this together. You’ll notice that one of the sections on your paper says, “Anger Blinds You.”

**Ask** - What does that mean?

**-Allow time for the kids to answer; discuss their answers with the group-**

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**Ask** - How does being blinded by anger affect our decision making process?

**-Allow time for the kids to answer; discuss their answers with the group-**

**Say** - One of the other spaces on your paper says, “Revenge is a burden.”

**Ask** - What is revenge?

**-Allow time for the kids to answer; discuss their answers with the group-**

**Ask** - How is revenge a burden?

**-Allow time for the kids to answer; discuss their answers with the group-**

**Ask** - What should our response be instead of revenge?

**-Allow time for the kids to answer; discuss their answers with the group-**

**Say** - Finally, there is a place on your paper that says, “Lay down your anger and pick up God’s Peace.”

**Ask** - What does that mean?

**-Allow time for the kids to answer; discuss their answers with the group-**

**Ask** - How does God’s peace help when we are angry?

**-Allow time for the kids to answer; discuss their answers with the group-**

**Ask** - How do we go about laying down our anger and receiving peace?

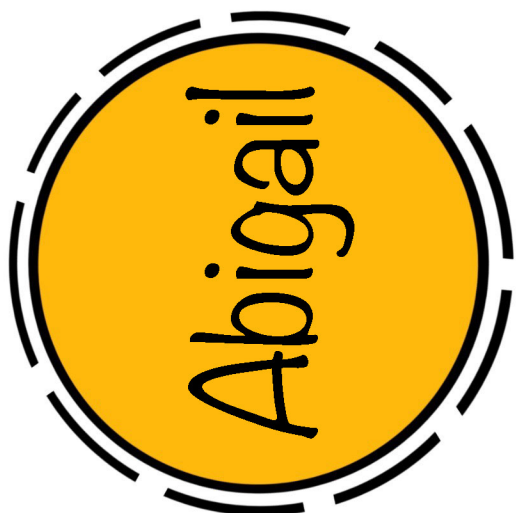
**-Allow time for the kids to answer; discuss their answers with the group-**

### **Prayer Time**

**Say** - Anger will come, and when it does, you are not alone. God is with you, even when you are angry, and He offers peace! Let’s pray that God will help us to choose to lay down anger and instead receive His peace. (PRAY)

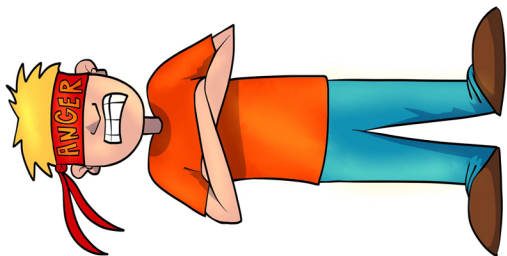
### **Closing**

**Say** - David did a good deed when he helped Nabal by watching over his sheep. I am sure that David thought Nabal would not only want him at his feast, but welcome him warmly. David was shocked when his request was denied. Quickly that shock turned into anger. David’s anger blinded him and he was full of rage. How dare Nabal say no? How dare Nabal embarrass him in front of his men? Who did Nabal think he was anyway? David’s anger filled rage drove him to seek revenge. Thankfully Nabal’s wife kept a cool head. She talked David out of his vengeful actions. As David calmed down, he realized how wrong he had been. He had made a mistake, and almost made an even bigger mistake. David was finally able to lay down his anger and receive peace. Things aren’t always going to go our way! There will be times when people hurt and embarrass us, and that hurt and embarrassment can quickly turn into anger. When our anger goes unchecked it can lead us to make mistakes, and sin. God is right there with us when we are feeling angry, and he offers PEACE. It isn’t easy...but we can choose to lay down our anger and receive God’s peace! Thank you for coming today! I will see you again soon.

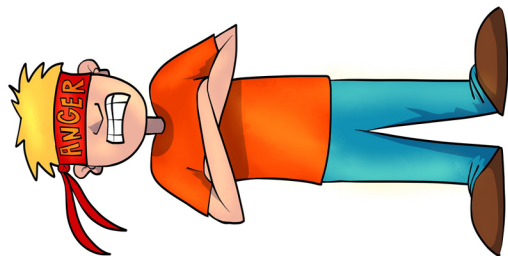








ANGER BLINDS YOU



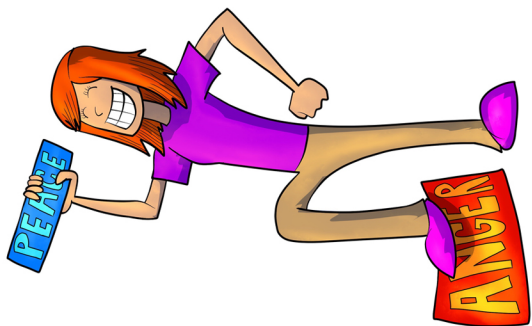
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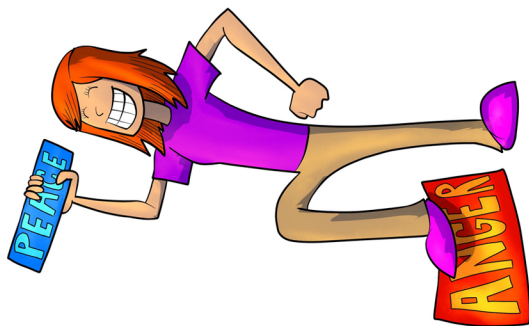
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