



## SERIES OVERVIEW

**Tagline:** Arctic-themed Lessons on Keeping Your Cool

**Idea:** When things heat up, it can be hard to keep our cool. But God calls us to show love, be slow to anger, and be kind to others. With His help, we can stay as cool as an arctic wind, no matter what we face.

**Memory Verse:** "A person with a bad temper stirs up conflict. But a person who is patient calms things down." Proverbs 15:18 (NIRV)

### Tip of the Iceberg

**Scripture:** Daniel 6:10-27, Daniel in the Den of Lions

We can lose our cool when we don't know what is going to happen next. We only see the tip of the iceberg and have no idea what is going on below. Daniel didn't know what was going to happen when he was thrown into the den of lions, but he knew that God was in control, so he kept his cool.

**Objective:** Kids will learn, "I can keep my cool because God is in control."

### Frozen

**Scripture:** 2 Kings 1:1-18, God Appears to Elijah

We might lose our cool when life gets hard and the world seems cold. Elijah felt sad and all alone. But God showed Elijah that he was not alone; God is always there.

**Objective:** Kids will learn "I can keep my cool because God is always with me."

### Avalanche

**Scripture:** James 1:19-21, Slow to Anger, James 3:3-10, Tame the Tongue

When we let our anger take over, it can lead to an uncontrollable avalanche of emotion. The Bible teaches us the importance of listening before we speak and learning to control our anger.

**Objective:** Kids will learn "I can keep my cool by thinking before I speak."

### Snowball Effect

**Scripture:** John 13:34-35 Love One Another

When we lose our cool, we can often attack people around us. The words we throw around in anger can sting like getting hit in the face with a snowball. But when we keep our cool and remember that "Jesus forgave me, so I can forgive others" we create a whole new snowball effect. Just like a snowball rolling down a hill soon turns into a gigantic snowball that's too heavy to lift, our decision to show love instead of anger can have a gigantic impact on the people around us.

**Objective:** Kids will learn, "I can keep my cool and show love because Jesus loves me."