



LESSON 3 SNAPSHOT

BOTTOM LINE:

Whenever I want to speak out, I will consider my words first.

OBJECTIVE:

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

KEY PASSAGE:

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

MEMORY VERSE:

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

SUMMARY:

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.

SIMPLE PRAYER:

Dear God,

Sometimes our words hurt other people. Help us to listen and think before we speak.

*In Jesus' name,
Amen*



MEMORY VERSE

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

"A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel." Proverbs 15:18 (NIV)

"A hot-tempered person starts fights; a cool-tempered person stops them." Proverbs 15:18 (NLT)

"A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife." Proverbs 15:18 (KJV)

LARGE GROUP:

As a group, see if the kids can recite the memory verse without seeing it on screen. Then put the verse on screen and read it once more together.

SMALL GROUP:

Have the kids collaborate on a musical version of the Bible verse. Can it be sung to a popular tune, or can you invent your own?



SKIT PAGE 1

POLAR BEAR AND PENGUIN: ANGER

ITEMS NEEDED:

Polar bear puppet or costume
Penguin puppet or costume
A bag filled with something (presumable fish)
The stage should be a frozen, wintry wonderland

CHARACTER BREAKDOWN:

2 Flexible

CHARACTERS:

Polar Bear - A laid back sort of guy (or girl)
Penguin - One nervous bird

Polar lays back, chilling. Penguin enters, angry.

PENGUIN: You've really done it now. How could you? I thought we were friends. Well, no more!

Polar Bear looks up, nonchalantly.

POLAR BEAR: Hey penguin. Something wrong?

PENGUIN: Is something wrong? How dare you. Yeah something's wrong.

POLAR BEAR: What is it?

PENGUIN: What's wrong? You. You're wrong. Everything about you is wrong.

POLAR BEAR: Chill, penguin. Don't say something you're going to regret later.

PENGUIN: I'll never regret what I'm saying. Especially when I'm talking to a pig and a thief.

POLAR BEAR: I'm a polar bear.

PENGUIN: Yeah, the polar bear who stole all my fish and ate them. You're a pig. Polar Bear, now angry, opens its mouth but stops itself from speaking. Instead, Polar

Bear takes a deep breath.

PENGUIN: Now what are you doing?

POLAR BEAR: I'm taking a moment to think before I speak. I don't want to return your anger with more anger.



SKIT PAGE 2

PENGUIN: I have a right to be angry. You stole my fish.

POLAR BEAR: No, I didn't. (Polar Bear grabs a bag and hands it to Penguin.) Here they are.

PENGUIN: What?

POLAR BEAR: The fish were spread out all over, so I put them in this bag for you, so you'd have them all in one place.

Penguin takes a moment to process what has happened.

PENGUIN: Thank you. I'm so sorry. I regret what I said.

POLAR BEAR: You said you'd never regret what you said to me.

PENGUIN: I was wrong. My anger just took over; I don't even remember everything I said. But I know that I was wrong. Can you ever forgive me, polar bear?

POLAR BEAR: I forgive you, penguin. We're cool.

PENGUIN: How did you not lose your cool?

POLAR BEAR: I just try to remember what God tells us: We should be quick to listen, slow to speak and slow to become angry.

PENGUIN: Quick to listen, slow to speak, and slow to become angry? That would have come in handy when I saw that my fish had disappeared.

POLAR BEAR: I can keep my cool by remembering to think before I speak.

PENGUIN: I'll have to give that a try too. Now, how about some fish?

POLAR BEAR: You sure? I wouldn't want to make a pig of myself.
Polar Bear makes the sound of a grunting pig.

PENGUIN: I didn't know you did impressions, Polar Bear. That's pretty good. C'mon, friend. Dig in.

Penguin opens up the bag and Polar Bear reaches in.

End.



OBJECT LESSON OR KIDS SERMON

ITEMS NEEDED:

Bullhorn

Does anyone here know what an avalanche is? When you are in an area with a lot of mountains and a lot of snow on those mountains, you might be in danger of all that snow coming down in one big dangerous pile. That's an avalanche. Avalanches are out of control. Once they start, there's nothing to do to stop them. Big noises can set off an avalanche. Let's try to make an avalanche with you as the snow. Everyone stands up, and when I say avalanche into the bullhorn, everyone collapses onto the ground in one big pile.

Say avalanche several times at a low volume without the bullhorn – see if you catch anyone not paying attention. Then say avalanche loudly into the bullhorn.

Now, let's talk about an anger avalanche. It's what can happen when we speak out in anger. If we let our anger take over, it can become an uncontrollable avalanche of words and emotions. It could really hurt the people who are around us.

The answer for preventing a snow avalanche and for preventing an anger avalanche are the same. Quiet. Our silence can prevent the snow from crashing down on us, and it can prevent us from crushing others without angry words. Next time you are tempted to say something in anger, take a few seconds to think before you speak. You might just be saving your friends and family from a dangerous avalanche.



LARGE GROUP GAME

UNTAMABLE TAG

ITEMS NEEDED:

Red caps (could be made from construction paper)

INSTRUCTIONS:

Delineate a large play space. Kids must stay within this space for the entire game. Place your red caps at various spots just outside the play space.

Select one kid to be The Tongue (It). Have The Tongue place a red cap on his or her head, and hold another one in his or her hands. Now let the The Tongue run out of control, trying to tag the other kids. When a kid is tagged, The Tongue will place a red cap on his or her head. Then both Tongues will grab new caps.

Play continues until everyone has become an out of control Tongue.

VARIATIONS:

For a less chaotic game, have players freeze in place when they have been tagged rather than become Tongues themselves. Sometimes our anger hurts others and they have trouble moving on.

WHAT'S THE POINT?

Sometimes, we let our tongues run out of control. Our angry words can lead to someone else speaking out in anger, and now you have two out of control tongues, which can lead to more. Pretty soon you have an avalanche of anger. It is best for us to learn to think before we speak, and to be slow to become angry.



LARGE GROUP LESSON

BOTTOM LINE:

Whenever I want to speak out, I will consider my words first.

OBJECTIVE:

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

KEY PASSAGE:

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

INTRO:

We've been talking for a couple weeks now about learning to Chill! Keeping cool. 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.

The Bible is made up of the Old and New Testaments. The Old Testament tells us about things that happened from the beginning of time leading up to Jesus coming into the world. The New Testament tells us about the life of Jesus, his death and resurrection. The New Testament also tells us about what happened after Jesus ascended into Heaven, sent his Holy Spirit to the disciples, and about the early days of the church.

Many of the books in the New Testament are actually letters that were written to the first Christians – to encourage them, to correct them, to explain what it meant to live for Jesus. Paul wrote a lot of these letters. Some he wrote to churches in different cities. Others he wrote to individual people. Other leaders – like John and Peter – wrote letters too. Today we're going to look at parts of a letter written by James. Now James was a pretty common name back then. One of the 12 disciples was named James. But we think the James who wrote this letter was actually Jesus' own brother, James.

So what did James write about? James wanted to make sure that Christians were living out their faith in Jesus to the fullest. He thought that when people looked at your life, they should be able to tell right away that you followed Jesus.

Things can get in the way of us living for Jesus. Like our anger. When we let our anger take over, it can lead to an uncontrollable avalanche of emotion. It's especially bad when our tongues get involved. The tongue is a very small part of the body, but it has a lot of control over what happens. Let's see some of the things James wrote about what we say.

READ JAMES 1:19-21 and JAMES 3:3-10



LARGE GROUP LESSON

MAIN POINT:

First, James tells us not to be so quick to speak, especially if we are tempted to speak out in anger. It is better to listen. It's better to take the time to consider our words carefully before we talk. Has anyone ever said something to you that hurt your feelings? Have you ever said something that hurt someone else? Our words can be very powerful; we must learn to stop and think before we speak.

That can be hard. As James writes, it can be easier to tame an animal than to tame our own tongues. A huge horse can be led around by a tiny bit placed in its mouth. And a ship on the sea may be tossed by the wind and waves, but the pilot can still get it to go where he wants with the ship's tiny rudder.

DRIVE IT HOME:

It's not so easy to control our own tongues though. We often speak impulsively – saying the first thing that comes into our minds without thinking of how it will help or hurt the situation. We might say something mean about a kid at school we don't like. Or we may point out other people's faults without thinking how it might hurt them.

At the same time, good can come out of the tongue. Sometimes we tell mom that she looks pretty today. Sometimes we encourage a friend who is having a hard day. We use our voices to sing songs to God. Many of us speak out loud when we pray to God. We use our tongues when we read the Bible to someone else.

We need to learn to control the tongue. It's not easy, but with God's help we can get better and better at it. We can ask God to help us think first before we speak. We can try to truly listen to other people before we lash out in anger. We can remember that God loves the other person, and we can strive to love them too, and seek to use our tongues to spread kindness.

It's hard to stay chill sometimes. But I can keep my cool when I think before I speak.



LARGE GROUP LESSON

CLOSE WITH A SIMPLE PRAYER:

Dear God,

Sometimes our words hurt other people. Help us to listen and think before we speak.

*In Jesus' name,
Amen*



SMALL GROUP DISCUSSION (K-2ND)

ICEBREAKER:

What is your favorite thing to do in the snow?

MEMORY VERSE ACTIVITY:

Matthew 2:2

Have the kids collaborate on a musical version of the Bible verse. Can it be sung to a popular tune, or can you invent your own?

SMALL GROUP GAME/ACTIVITY:

Play this Echo game. Give "it" the name of a book of the Bible. They have to say the name while holding their tongue with their thumb and index finger. The goal is for the other kids to repeat the correct name back.

DISCUSSION QUESTIONS:

Read James 1:19-21 and James 3:3-10

What two things should we be slow to do?

And what should we be quick to do?

Did James call the tongue a snowstorm or a fire?

When have you said something that you later regretted saying?

What can we do to tame our tongues?

SIMPLE PRAYER:

Dear God,

We praise you with our tongues, and ask your help to think before we speak.

*In Jesus' name,
Amen*



SMALL GROUP DISCUSSION (3-5TH)

ICEBREAKER:

What is your favorite thing to do in the snow?

MEMORY VERSE ACTIVITY:

Matthew 2:2

Have the kids collaborate on a musical version of the Bible verse. Can it be sung to a popular tune, or can you invent your own?

SMALL GROUP GAME/ACTIVITY:

Play this Echo game. Give "it" the name of a book of the Bible. They have to say the name while holding their tongue with their thumb and index finger. The goal is for the other kids to repeat the correct name back.

DISCUSSION QUESTIONS:

Read James 1:19-21 and James 3:3-10

What should we be slow to do and what should we be quick to do?

Why is that so hard to do sometimes?

What does the tongue have to do with horse bits and ship rudders?

Why did James compare the tongue to a fire?

When have you said something that you later regretted saying?

SIMPLE PRAYER:

Dear God,

We praise you with our tongues, and ask your help to think before we speak.

*In Jesus' name,
Amen*



POWERPOINT REVIEW GAME

TRUE or FALSE

1. Everyone should be quick to listen, slow to speak, and quick to become angry.

FALSE (slow to become angry)

2. It is impossible to tame a horse.

FALSE

3. A forest can be set on fire by a small spark.

TRUE

4. The tongue is like a fire.

TRUE

5. It is perfectly fine to use our tongues to both praise God and curse people that God made.

FALSE

MAKE IT STICK

CHILL LESSON 3

5 SIMPLE WAYS
YOU CAN MAKE
THIS LESSON STICK
WITH YOUR KIDS

THIS WEEK'S LESSON:



IN THE CAR:

On the drive home, ask your children what they learned about this week: 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. James 1:19-21, Slow to Anger, James 3:3-10, Tame the Tongue



HANGING OUT:

Make this week's lesson real:

Have a quiet contest. See who can go the longest without speaking. Afterward, talk about why it's so hard not to talk. How can we learn to really listen to each other, and think before we speak?



AT DINNER:

- Here are some great discussion starters:
- Why should we be slow to speak?
- Have you ever said something in anger you wish you could take back?
- What are some ways to learn to tame the tongue?



AT BEDTIME:

Quiz your child on this week's memory verse:

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



PARENT TIME:

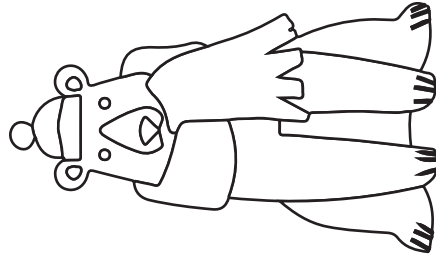
What you need to know:

Kids can try our patience at times. Our response is key. Check in with yourself about how you respond when the kids have gotten on your last nerve. Are you able to keep your cool? How are you with the whole "slow to speak, slow to become angry" thing? Or do you lash out with angry words? If this is an area of concern, reach out to a trusted friend, pastor, or counselor for help.

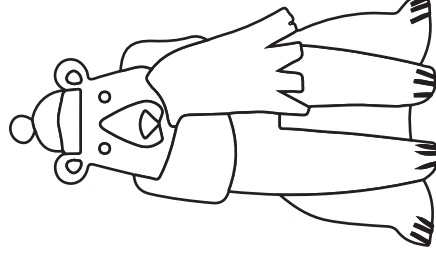


TAKE HOME ACTIVITY

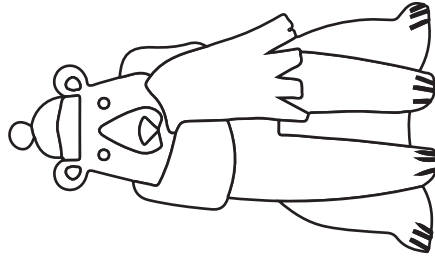
Have the kids cut out large red construction paper tongues. Tie black yarn around the center, leaving a length of yarn to serve as a leash. Remind the kids of the importance of learning to tame the tongue.



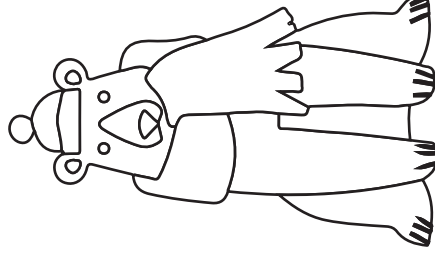
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