



Older IK Groups- 2nd - 5th Grades

March 5, 2025

Bible Story: Anger- Matthew 5:21-26

Big Idea: God helps us calm our anger.

The Win: Kids who can identify and take their next step of discipleship by embracing a preschooler's physical needs or engaging an elementary kid in things that interest them.

Wednesday Share:

Tonight during Impact Kids, we looked at Matthew 5:21-26. Jesus says that the command not to murder goes beyond simply not killing; harboring anger and speaking in anger means we're subject to judgment. Instead, we should settle matters with people quickly. Kids have a hard time managing their anger. Developmentally, this is a skill they need to learn and hone. Talk about ways to help your kids have the tools to calm their anger with God's help, instead of lashing out.

Leader Devo:

<https://parkwaychurch.tv/blog/2025/02/26/mar-5>

Dig In to Prayer:

Ask God to help your kids find ways to feel calm and bring peace when anger begins to bubble up.

Quick Tip:

Sometimes you'll find yourself feeling angry with kids who just won't listen. The way you act in anger can set a positive model. Ask God to help you remain calm and help you find peaceful ways to redirect kids. Ask God to help you be firm and clear without being angry. If you do fly off the handle and yell at kids, model apologizing for acting out of anger.

Wednesday Group Schedule

Leaders Arrive: 6:15 PM
Family Dinner: 6:30 PM – 6:50 PM
K-3rd Outside Play: 6:50 PM- 7:20 PM
4th & 5th Small Group: 6:50 PM- 7:30 PM
K-3rd Small Group: 7:25 PM- 8:00 PM
4th & 5th Outside Play: 7:30 PM- 8:00 PM
Dismiss: 8:00 PM- 8:05 PM

Low Energy Game:

Supplies

- uninflated balloons (1 per child)
- permanent markers*
- laundry basket (1 for every 10 kids)
- upbeat music (optional)
- music player (optional)

Attempt to Control Where Balloons Land

Say: Today we're talking about how God helps us calm our anger. Let's discover what happens when we let him help us...and when we don't.

- Place the laundry baskets on the floor in the center of the room.
- Give each child a balloon, and ask kids to inflate their balloons. If a child is struggling, ask a balloon-blowing whiz kid to assist.
- Instruct kids to not tie off balloons, pinching the necks closed instead.
- While they're holding the balloons, have kids write their names on them with a permanent marker and draw an "angry face" on their balloons.
- Gather kids in circles of 10 around each laundry basket, about 4 feet from the basket.
- At your signal, kids will release their balloons, aiming at the basket. Few balloons will cooperate.

Ask: • How was that experience like expressing anger when we're fired up and not calm?

Attempt to Control Tied-Off Balloons

- Have kids retrieve their own balloons, re-inflate them, and tie off the balloons.
- Once again, have kids try to get their balloons in the basket. Have those who miss move closer and try again until all balloons are in the basket.

Ask: • How was that experience like expressing anger when God has helped us calm it?

Talk About It

Say: When our anger explodes, it can harm us or others. It flies off in unpredictable directions! But when we let God help calm our anger, we can better explain why we're angry and fix what's angering us. Everyone gets angry, but not everyone asks God to help them calm their anger. Let's all do that the next time we find ourselves getting angry!

Talk About Video:

Discuss and Watch "Calm Down, Carl"

Say: We're learning that God helps us calm our anger.

Ask: • Have you ever had a day where things just kept making you feel angry? Talk about that. Share your own story first.

Say: Let's see how our friend Carl handles it when one thing after another goes wrong.

Watch "Calm Down, Carl."

Ask: • Which of the things that happened to Carl would make you the angriest?

- After everything that happened, what do you think Carl is going to do next?
- What would be a healthy way for Carl to handle his anger?
- How did Carl's story show how anger can build up if we don't ask God to help us calm down?

Say: When one thing after another happens to make us angry, anger can build up and make us feel like we're going to explode. But when we feel anger starting to build up, we can ask God for help because God helps us calm our anger.

Deeper Bible:

Supplies

- Bibles
- painter's tape
- ping-pong balls (1 for every 3 kids)
- paper
- markers*

Easy Prep: Make a painter's tape line on the floor, dividing the room in half.

Roll a Ball

Say: Let's start our Deeper Bible time with a game. You'll take turns rolling a ping-pong ball toward the tape line. Your goal is to get your ball closer to the line than anyone else's, without going over. If your ping-pong ball crosses the tape line, you're out.

Have kids take turns rolling the ball from the wall. Retrieve any balls that cross the line, and have kids pay attention to where their balls land if they don't cross the line. After everyone has had a turn, declare a winner.

Ask: • What was it like to try to roll your ball just hard enough that it didn't go too far?

Say: We've been talking about anger and how God helps us calm our anger. But anger starts out as just a feeling, right? So where's the line? When does anger cross the line and turn from a feeling to something that's hurtful and wrong? Let's dig in to that.

Dig Deeper

Say: Let's see what the Bible has to say about anger as a sin.

Have kids form up to four groups, but make sure each group has at least two kids. It's okay to form fewer groups and assign each group more than one passage if needed. Give each group a Bible, paper, and markers. Assign each group one or more of the following passages.

- **Ephesians 4:26-27**
- **Proverbs 29:11**
- **Matthew 5:22**
- **Proverbs 29:22**

Deeper Bible: cont.

Say: With your group, read your passage and determine what it says about anger and when it is a sin. I'll help you if needed.

If kids need help, use the suggestions below.

- **Ephesians 4:26-27:** When it controls you or you let it be an opening for the devil
- **Proverbs 29:11:** When you keep on venting it
- **Matthew 5:22:** When it comes out in how you speak to people
- **Proverbs 29:22:** When you pick fights

When kids have made their observations, have them fold a piece of paper into a tent and write on it what they observed. Then have groups all put their tents on the tape line and share what they learned.

Ask: • So how close do you think you could get to this line without going over?

• What actions do you think would be over the line when it comes to anger?

Say: Earlier you tried to roll a ball as far as you could without crossing a line. When it comes to anger, that's not the best strategy. The closer we get to the line, the harder it is not to cross it. Anger starts as a feeling, but how we act on it can turn it into a sin. So instead of trying to see how far you can go with it, it's better to ask God to help you calm it quickly.

Ask: • Where do you think the line is for you? For you personally, how does anger usually turn into doing something wrong and hurtful, a sin? Share your own answer first.

Say: God helps us calm our anger. When we have that first feeling of anger, we can turn to God right away to help calm us. We can't control what other people do that might make us feel angry or how they act in anger toward us, but we are responsible for how we react. So let's stay away from the line and ask God to help us calm our anger!

Line up along the wall with kids and pray:

God, help us calm our anger.

Help us stay as far away as possible from the line
where anger turns to sin. In Jesus' name, amen.

Life Application:

Clench and Unclench Fists

- Have kids sit with their hands clenched into fists, thinking about something that makes them angry.
- When clenching their fists begins to hurt, have them let go and open their palms up, asking God for help calming their anger.
- When you see everyone's hands are open, pray: God, thank you that you help us calm our anger. Our anger often hurts us most of all, so we ask you to calm anything we're angry about now. In Jesus' name, amen.
- Thank kids for coming, and encourage them to come back next week.

Activity Page with a Point:

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: We're learning about a time Jesus stood up on a hill to teach a big crowd of people! He taught that God helps us calm our anger. Let's color two people getting along.

Allow time for kids to color.

Older Kids: Do an Activity Page

Say: In the Sermon on the Mount, Jesus taught that God helps us calm our anger. Let's see what a difference it makes when we get rid of anger and being mad.

Distribute the activity pages and pencils.

Ask: • What do you think this paper says?

Say: There's so much anger on this page, it's hard to read! Let's cross out the word MAD and see what happens. Kids will cross out the word MAD wherever it appears, then write the remaining letters in the blanks to make a message.

Ask: • How did getting rid of the word mad help you read the message?

- Why isn't it this easy to get rid of anger in real life?
- In what ways can being angry make it hard to see things right?
- How can we make peace instead of holding on to anger?

Say: We all get angry sometimes. But instead of holding on to grudges, we can make peace. God helps us calm our anger.

ANSWER KEY: Take a deep breath and ask God for help.