

A Lesson On Anger

by Carson Stutzman and Carol Duerksen

MATERIALS AND ADVANCE PREPARATION:

- Copies of the skit for participants
- Table, four chairs, table settings, food
- Box of crayons
- Bible
- Bible dictionaries or concordances, or online access to a Bible search website.
- Newsprint
- Scissors

SESSION OUTLINE

FOCUS:

Greet students, then pass around the box of crayons and ask them to take several out that best match the color of the atmosphere in their home when people are disagreeing with each other or not getting along. When everyone has their crayons, go around the group and invite students to share as much or as little about the family situations that those crayons represent.

CONNECT:

Say: Sometimes family members get angry with each other. That's part of being in a family, but it happens more in some families than others, and some families know how to handle the anger better than others. On a scale of 1-10, how do you think your family handles anger and disagreements?

Ask students to move to different sides of the room based on their response to that question, with 1 (horrible) being on one side and 10 (perfect) being on the other side.

Discuss as much as students are comfortable in discussing.

THE LESSON:

- 1 Do the skit.
- 2 Tell students to use the Bible concordances or online search to find other references in which the Bible talks about how we should deal with anger. Using the crayons that the

students choose earlier, write those key verses and phrases on the newsprint, including the one Sara read.

APPLY & RESPOND:

Discuss the verses and phrases on the newsprint. Are they practical? Could they work?

Why or why not?

Ask students to choose their favorite verse or phrase—one they think they could apply to their life—and come up with an abbreviated version they could text to each other. Encourage them—if they want to—to text each other the reminder during the week.

Session Reproducibles

SKIT

Characters: Dad, Mom, son (Jake), daughter (Sara)

Skit begins with Dad, Mom and Sara at the table. Sara has a Bible.

Sara: I'm hungry, and I'm supposed to do devotions before we eat. So where's Jake?

Mom: He hasn't called to say he'll be late, so he should be here any time.

Sara: I hate waiting on him. Let's just do the devotions and eat.

Jake comes running in and slides into his chair.

Jake: Sorry I'm late. Coach was being retarded again. He made me run extra.

Mom: *(a little angrily)* What have I told you about that word?!

Jake: Why does it matter ... it's true.

Father to Jake: So why did you have to run extra in practice?

Sara: Could we just have devotions and eat?

Jake: He was all ticked off that I got a d-hall today.

Mom: What did you do to get a detention in the first place?!

Sara: *(angrily)* Excuse me! Devotions!

Jake: *(voice slightly raised)* Just a minute, Sara! *(Back to his parents)* It's stupid that I even got in trouble. It wasn't that big of a deal.

Dad: *(voice getting louder ... more annoyed than angry)* Well ... answer your mother. What did you do to receive a detention?

Jake: *(mad)* It don't matter!

Dad: Don't raise your voice at me young man!

Mom: *(to the father)* There's no need to be getting mad about this.

Sara: Well I am! I'm hungry, I have lots of homework, and I need to do the devotions so we can eat! NOW!

Jake: Maybe we could just skip the devotions tonight! We don't need your Bible preachin' crap anyway!

Mom: *(now beginning to get angry with her son)* JAKE! There is no need for that lip of yours!

Dad: *(angrily)* I've about had it with you, Jake. You got a detention for who knows what, you made your coach mad, and now you're making everybody angry here at the table. You aren't the only one who had a bad day. Sara, do your devotions so we can get on with the meal!

Sara opens her Bible and reads: "slowness to anger makes for deep understanding and a quick-tempered person stockpiles stupidity."