CONTROL YOUR ANGER
OR IT WILL CONTROL YOU
Jails are filled with violent people who could not control their anger. Living in NYC, you’ll sometimes witness the most violent crimes simply because someone is not controlling their anger. One night, as I was waiting for the subway, I saw a young man accidentally bump into another young man. The young man who accidentally bumped into the other young man apologized, but the apology was not received. A heated argument started. The young man who was bumped stepped into the other guy’s face and started cursing at him. He was angry. He definitely was not in control.

After two minutes of this, both young men were very angry and soon started to fight. As the fight proceeded, the train was approaching the station. Both men were pushing each other around and throwing wild punches. I was gasping for air. I thought for sure one of them would be thrown into the train. Both young men were completely controlled by their anger. Six men broke up the fight and forced one of the young men onto the train. Right before the doors closed, the other man jumped onto the train and started fighting with a glass bottle. People started running off of the train. Those same six men restrained the angry young men again. The police came and arrested both of them. These men were not in control of their anger. They never learned how to stop, release their situation to God, and forgive the person who offended them. It all started with a simple accident but soon exploded to a dangerous situation.

Anger is an emotion that everyone feels at one point in time. It’s a very aggressive emotion that’s hard to control. What we want to get across to the kids is the best way to control anger is to stop and think through the situation before you get to that explosive state. Proverbs 16:32 says, “He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city”. Society may teach our kids that it’s weak to let others disrespect you and curse at you, but the Bible says that if you are slow to anger, you are better than the mighty. Let’s help our kids become better than the mighty. Let’s teach them how to control their anger.

As always, before you start to teach this lesson, examine your own life and your behavior. You can’t teach the kids to control their anger and then lose your temper.
PRE-OPENING ACTIVITY: Bingo

Participants: All the children in your Sunday School class.
Props: Bingo game

Playing: This is a regular game of Bingo. Purchase this game from the store. Basically, there are cards with numbers on them in a 5 x 5 grid corresponding to the five letters in the word B-I-N-G-O. Hand a card to all the children in your Kids' Church. The numbers in the B column are between 1 and 15, in the I column between 16 and 30, in the N column (containing four numbers and the free space) between 31 and 45, in the G column between 46 and 60, and in the O column between 61 and 75. Numbers such as B-2 or O-68 are then drawn at random by the Kids' Church leader until one player completes a 'Bingo' pattern, such as a line with five numbers in a vertical, horizontal or diagonal row on their card. The first one to get Bingo is the winner. You can play this as many times as you like but give the children an option to either keep their Bingo card or change it for another.

OPENING

Welcome
Rules
Opening Prayer
Pledges
Songs of your Choosing
4 Reasons

GAME TIME

1. Hidden Treasure
Props: Two treasure chests, two padlocks with keys, two Perspex tubes (approximately 4' long, one end of the tubes has to be closed), two buckets full of water, two plastic cups, two balloons, two sheets of posterboard, markers, and plastic tarps to protect the floor.

2. Hug til it Pops
Props: Balloons and 2 garbage bags.
LESSON TIME

Short Overview of the Lesson
Quiet Seats Explanation
Props: 4 red balloons, 4 blue balloons, a whistle, and quiet seat prizes.

Lesson Introduction
Props: Remote control car and a small table.

Power Point: Control your anger or it will control you.
Sub points: If you are angry
   1. Stop
   2. Release it to God
   3. Forgive

Memory Verse
“In your anger, do not sin.” (Ephesians 4:26, NIV)

Props: Overhead projector, blank transparency or poster boards.

Bible Lesson: “Cain’s Anger” (Genesis 4:2-8)
Props: Cain, Abel, 2 Bible costumes, two big baskets to offer gifts to God and someone to do the voice of God.

Object Lesson #1: “Stop.”
Props: Stop Sign

Object Lesson #2: “Release it to God.”
Props: 2 balloons ready to be blown up and 2 volunteers to help

Object Lesson #3: “Forgive.”
Props: Chocolate candy bars, pieces of furniture that suggest the action took place in the living room.

Life Lesson: “Maddie the Mad Cow”
Props: Illustrated Story

NEXT WEEK
Give Thanks to the Lord
Director’s Note
Idle Threats
WELCOME

Props: Whistle

Hey kids, how is everyone doing today? I am so excited to be in God’s house. How many of you are glad to be here today? If you are excited to be here today, I want you to look up to heaven and tell God, “I am excited to be in Your house today.” God loves to hear you speak to Him that way. There is another thing that God loves (hold up each letter until the word control is spelled out), He loves it when you control your anger. Everybody gets angry but not everyone learns how to control their anger. Today’s lesson is very important because we are talking about controlling your anger or it will control you. This is going to be such an exciting day. I am ready to start Kids’ Church. Everybody put 10 fingers up in the air and count down with me. 10,9,8,7,6,5,4,3,2,1.

RULES

Kids’ Church always works best when we work together. When we follow rules, things run smoothly. There are many children here today. In order for us all to have fun and learn, we all have to follow the same rules. We do not play favorites in Kids’ Church and we do not allow bullies either. We all follow the same rules. Today we have a shortcut to help us remember the rules. The shortcut is the word “SOW.” Let us sow a good seed today by obeying the rules. (Keep the rules posted or write them on the chalkboard or on poster board.)

Let us review the rules:
S- Stay in your seat.
O- Obey your leaders.
W- Whistle means quiet.
OPENING

OPENING PRAYER

Dear God,
We thank You today for bringing us all here safely. Lord we ask You to help us learn to control our anger. The only thing we want to control us is Your Holy Spirit. Help us to focus on Your word and learn how to control our anger today. In Jesus’ name. Amen.

PLEDGES

Graphics are included in the power point presentation.

SONGS OF YOUR CHOOSING

If you have a Praise and Worship team, it would be great to implement them for this part of your service. If you do not have a Praise and Worship team, then use CDs. Try to play songs that the kids will know. Have the songs written on transparencies or poster boards so the entire audience can see the words and participate in your Praise and Worship time.
OPENING

THE FOUR REASONS WHY WE COME TO KIDS’ CHURCH

Props: Posterboard or overhead projector so everyone can see the “Four Reasons.”

Every week, always take time to teach the kids why they come to Kids’ Church. “Spaced Repetition” is the name of the teaching technique that we employ at this point in the lesson. The concept is simple; by reinforcing and repeating these four key truths every week, it becomes ingrained in our children. Have the kids repeat “The Four Reasons Why We Come to Kids’ Church.” You can even give rewards to kids who can say them correctly without help. Pick two boys and two girls, and have them say the “Four Reasons” without looking at them. Doing this every week can be a great start for your kids to always know why they are doing the things we tell them to do every week.

1. To love God first
2. To learn His word
3. To lead others to Jesus
4. To live right every day

Leader’s Notes

Allow one of the children to lead the opening prayer. You might have to offer a little guidance. Choose a boy or a女孩 who would like to pray. Here is a sample prayer that you can guide them through. Remember to keep it short and to the point.

You will eventually want to get the kids to the point where they can pray on their own without any help from you.

Graphics are included in the power point presentation.

Before you pick the two boys and girls to say the four reasons, teach them to everyone as a group. You can start off by saying to the kids, “If you are in school and someone asks you why you go to church, what will you say?”
GAME TIME

Games are fun and exciting. I do not know one single kid who does not like to play games. I do not know one single kid who does not like to win cool prizes after playing a game. Let’s face it, kids are bored at church. They want to laugh, play, and have fun. Teachers want them to learn the Word of God. Is it not possible to have both? Who says Sunday school has to be dry and boring? There is a middle ground. Include games in your Sunday School.

Game Time should be:

• A review of last week’s lesson
• Fun
• Organized

A review of last week’s lesson
The only way that kids can play a game, is if they answer a question from last week’s lesson. Instantaneously, kids are going to start listening to your teaching every week because they want to play a game.

Fun
Game time must be fun! Make sure your games are exciting and unpredictable not get in a rut with your games. You need to keep the kids guessing as to what will happen next.

Organized
We call game time, “controlled chaos.” We want the kids to have the most fun they can have in a controlled environment. There is a lot of organization required for game time. For instance, someone has to:

• Set-up and clean-up the game
• Pick kids to answer the review question
• Operate the CD player
• Help the kids pick a prize
GAME TIME

REVIEW QUESTIONS
Select one child from each team who can answer their review question correctly to play in this first game. Allow each child to choose one partner of the same sex to play this game with them.

1. Last week we said that there is someone who will tempt you to do evil. Who is the one who tempts you to do evil? Answer-Satan.

2. In the Bible Lesson Joseph was tempted by Potiphar’s wife. But someone gave Joseph a way out of temptation. Who gave Joseph a way out of temptation? Answer-God.

GAME #1
Hidden Treasure
Participants: Two boys, two girls
Props: 2 treasure chests, 2 padlocks with keys, 2 Perspex tubes (approximately 4’ long, one end of the tubes has to be closed), 2 buckets full of water, 2 plastic cups, 2 balloons, 2 sheets of poster board, markers, and plastic tarps to protect the floor.
Preparation: Write the memory verse for that lesson on the sheets of poster board and place the posters in the treasure chests with the padlock on. Blow up the balloons just a little (they have to be small enough to fit inside the tubes). Tie the keys to the balloons and put the balloons in the bottom of the tubes. Place the buckets of water and the cups in the aisle, the tubes and the treasure chests at the front on the tarps.
Playing: The participants on each team take it in turns to fill up cups of water and pour them into the tube. As the water is poured into the tube, the balloon with the key on it rises to the top. When the balloon reaches the top of the tube, the participants grab the key and open their chest. Once they open the chest they grab the memory verse
1. Use your game time as a review time.
2. Make sure you have two opposing teams.
3. Assign runners.
4. Assign someone to operate your CD player.
5. Put someone in charge of organizing and cleaning up games.
6. Put someone in charge of giving out prizes.
7. Ask simple questions.
8. Explain the game well.
10. Make sure you rehearse the games with your workers.

GAME TIME

poster and hold it up. The first team to get the memory verse is the winner.

**REVIEW QUESTIONS**

Select one child from each team who can answer their review question correctly to play in this second game. Allow each child to choose one partner of the same sex to play this game with them.

1. Does temptation have to destroy you? Yes or No Answer-No.

2. Freddy and Frankie were very hungry they needed food. They saw something floating in the water. What was it? Answer-Bread

**GAME #2**

**Hug til it Pops**

**Participants:** Two boys, two girls and 2 workers.

**Props:** Balloons and 2 garbage bags

**Preparation:** Blow up three blue balloons and place them in a garbage bag. Blow up three red balloons and place them in a separate garbage bag. One girl and one boy participant will stand at the front and the other girl and boy participant will stand at the back. The workers will also stand at the back each holding a bag of balloons.

**Playing:** When you say “Go” the girl and boy participant at the back will grab a balloon from their bag, run to the front, and place the balloon in between them and their partner. (Advise them to place it about the stomach area.) Then they will squeeze the balloon until it pops. They are not allowed to use their hands, they must hug each other until the balloon pops. When the balloon pops the girl and boy who started from the back will run to the back and get another balloon, run back to the front and follow the same procedure. The first team to pop all three of their balloons is the winner.
LESSON TIME

SHORT OVERVIEW OF THE LESSON

Power Point
Control your anger

Direction
Or it will control you!

Memory Verse
In your anger, do not sin (Ephesians 4:26, NIV)

Sub Points
• Stop
• Release it to God
• Forgive

KEY WORDS AND KEY PHRASES

Key words and Key phrases that should be used throughout the lesson.

Control your anger or it will control you
Control
Anger
Angry
Stop (Object Lesson #1)
Release it to God (Object Lesson #2)
Forgive (Object Lesson #3)
**QUIET SEAT**

*Props:* You will need a loud whistle, four blue balloons for the boys’ side, and four red balloons for the girls’ side. You will also need helpers on the boys’ side and helpers on the girls’ side to pass out the “Quiet Seat” prizes. Prizes like candy, snacks, or Bibles are all effective prizes. The prizes are given only to the kids who are the quietest during the teaching time. The “Quiet Seat” time officially starts after the whistle has been blown.

*Presentation:* Boys, I have four balloons on your side. If I see you talking to your friends or playing with your neighbor, I am going to pop a balloon. If I pop all four of your balloons, I am going to give all of the candy to the girls. Girls, you also have four balloons. If I see any type of distraction on the girls’ side, I am going to pop a balloon. If I pop all four of your balloons, I am going to give all of the candy to the boys. I have quiet seat watchers walking around looking for the perfect kids. A perfect kid is a kid who is sitting up straight, feet on the floor, hands in your laps, and whose eyes are on the teachers. If the quiet seat watchers see a perfect kid, they will slip a piece of candy into your hand. You are not to eat that candy until you are outside of the building. Everyone should be sitting up straight with your feet flat on the floor. No one should be moving around at this time. The bathrooms are now closed. The only ones who will be moving around in here are the quiet seat watchers. Their job is to watch you, not us. If I see anyone talking, I will pop a balloon. You know what happens if we pop all of your balloons; you go home today with nothing. We are now ready for the most important time of the day. It is now time for the preaching of the Word of God. On the count of three, I will blow my whistle, and quiet seat time will officially began. One, two, and three. (Blow the whistle.)
Lesson 7

Props: Illustration 1—Remote control Car, small table.

Power Point: Control Your Anger or It Will Control You

Preparation: Make sure you put batteries in the remote control car. Place the car on a small table. Make sure the car is visible to the audience.

Presentation: I love remote controlled cars. The best part about having a remote controlled car is that I have complete control over every thing the car does. Watch this. I can control this car and make it go forward (Illustration 2--make the car go forward). I can control this car and make it go backward (make the car go backward). I can even make this car stop whenever I want (make the car stop). I control this car. This car does not control me.

Just like I have complete control of this car, there is something in your life you need to have control over—YOUR ANGER. At some point in time, everybody in this room has been angry. Somebody has made you mad. Somebody has made you feel like cursing at them. Somebody has made you feel like fighting. Can you remember a time when you were so angry, you thought you were going to explode? I've been there a time or two. Today, I want to tell you that it doesn't matter how angry you get, you need to control your anger or it will control you. The Bible says, “A fool lets out his anger but a wise man keeps himself under control”. Before you lose all control of yourself, there is something you need to do.

When you get angry:
Stop!
Release it to God.
Forgive.

Anger is an emotion everybody experiences. It is also an emotion you can control. You need to control your anger or it will control you.
“In your anger, do not sin.” Ephesians 4:26 (NIV)

Props: Overhead projector and a transparency with the scripture verse written on it. If you do not have an overhead projector then use poster board with the verse written in markers large enough so everyone can read it.

Preparation: Set the overhead before the lesson begins so all you have to do is turn the projector on. Or if you have a posterboard with the verse written on it, make sure it is ready to be carried out.

Presentation: The Bible does not say, do not get angry. The Bible says, “In your anger, do not sin”. That verse is simply saying, do not do something that is wrong just because you are angry. Don’t do something that will hurt others just because you are angry. Don’t do something that will disrespect others just because you are angry. Let’s be honest right now. People are going to make you angry. People will sometimes make you feel like hurting them but you can’t. The Bible says, “In your anger, do not sin”. In your anger do not do things that are wrong or will hurt others. Prisons are filled with millions of people who got so angry that they murdered someone, or they tried to murder someone. They lost all control. Do not be like those people. The Bible says, “In your anger, do not sin”. Before you get to that point where you have lost all control, you need to stop, release it to God and forgive the person you are angry with. You need to control your anger or it will control you.

To get prepared to teach this lesson, meditate on the following scriptures:

Job 5:2 (NCV)
Anger kills the fool, and jealousy slays the stupid.

James 1:19-20 (NCV)
My dear brothers and sisters, always be willing to listen and slow to speak. Do not become angry easily, because anger will not help you live the right kind of life God wants.

Matthew 5:22 (NCV)
But I tell you, if you are angry with a brother or sister, you will be judged. If you say bad things to a brother or sister, you will be judged by the council. And if you call someone a fool, you will be in danger of the fire of hell.

Proverbs 15:18 (NCV)
People with quick tempers cause trouble, but those who control their tempers stop a quarrel.

Proverbs 14:29 (NLT)
People with understanding control their anger; a hot temper shows great foolishness.

Proverbs 17:14 (NLT)
Starting a quarrel is like opening a floodgate, so stop before a dispute breaks out.

Proverbs 19:11 (NLT)
Sensible people control their temper; they earn respect by overlooking wrongs.

Ecclesiastes 7:9 (NLT)
Control your temper, for anger labels you a fool.
CAIN’S ANGER

Genesis 4:2-8

Props: Cain, Abel, 2 Bible costumes, two big baskets to offer gifts to God and someone to do the voice of God.

Point: God asked Cain “Why are you so angry”? That should have been Cain’s cue to stop, think about his situation and get control of himself. Cain kept going. *He didn’t control his anger so his anger controlled him.*

Preparation: Have two volunteers dress in the Bible costumes.

Presentation: Have you ever been really, really, really angry? At the moment you thought you would explode, someone asked you a question like this, “Why are you so angry?” When they asked you that question, did it make you angrier, or did it cause you to stop, think about things and control yourself? There were two brothers in the Bible, Cain and Abel. One of those brothers was asked that exact question.

*(Cain and Abel walk out on stage)* Abel was a shepherd and Cain was a farmer. At harvest time, Cain brought God a gift from his farm produce *(Illustration 3--Cain comes out with his gift)*, while Abel brought several choice lambs from the best of his flock *(Abel walks out with his gift)*. The Lord accepted Abel and his offering, but he did not accept Cain and his offering. This made Cain very angry. Then, the question was asked:

*Voice of God: “Why are you so angry? You will be accepted if you respond in the right way, but if you refuse to respond correctly, watch out. Sin is waiting to attack you. You must master it.”*
Teacher: God asked Cain a very important question, “Why are you so angry?” This was Cain’s cue to stop and think about things before he went any farther. Let’s look at what Cain decided to do.

Cain: (Illustration 4—Pace back and forth, very angry. Walks over to his brother Abel) Let’s go out into the fields.

Teacher: (Illustration 5—Cain attacks Abel with a rock) While they were there, Cain attacked and killed his brother. “Why are you so angry?” God asked. Cain didn’t stop and think about it. “Sin is waiting to attack you, you must master it,” God said. Cain kept going. He wouldn’t take the time to stop and control himself. In his anger, Cain sinned. He murdered his brother. He didn’t control his anger so his anger controlled him.

Prisons are filled with people just like Cain. They got angry. Instead of controlling their anger, they let it control them. People in your neighborhood are just like Cain. People in your school are just like Cain. They get angry because someone looks at them the wrong way. Instead of controlling their anger, they let their anger control them. Now, let me ask you a question, Are you like Cain? If someone speaks bad about your mother, do you control your anger or do you let your anger control you? If someone spreads lies about you, do you control your anger or do you let your anger control you? The Bible is clear on this matter. A fool lets his anger out but a wise man controls himself. You need to control your anger or it will control you.
OBJECT LESSON 1
I Said “STOP”

Props: STOP sign

Point: When you get angry, STOP!

Presentation: I was reading in the newspaper about a terrible accident. A woman was driving home from work. Out of nowhere, another car came and smashed into her car. That other car destroyed the entire right side of her car. Do you want to know why that happened? The other driver did not stop *(Illustration 6 & 7—turn the stop sign around)*. He didn't even slow down to see if other cars were coming. A STOP sign is placed on a particular street so cars can first STOP, look both ways, then if it's safe move farther.

Just like every driver must STOP at a STOP sign, there are times in your life when you must STOP. When you get angry, you need to STOP, look both ways and decide if it is safe to keep going. Most people get angry and they keep going. They don't STOP to get control of themselves. When you don't control your anger, you are like a car driving out onto a busy street without watching.

I know what you are probably thinking, “You want me to STOP in the middle of a fight and think about things? That doesn't make any sense”. No, I don't want you to STOP in the middle of a fight. I want you to STOP before the fight starts. I want you to STOP before you say words that hurt. I want you to STOP before you lose control. Psalm 37:8 tells us to turn away from anger because it only leads to doing things that are wrong. When you get angry and feel as if you are about to lose control, I want you to STOP, get control, then move forward. You need to control your anger or it will control you.
OBJECT LESSON 2

Here it is Lord

Props: 2 Balloons ready to be blown up. Make sure the balloons look exactly the same. 2 volunteers who can blow up the balloons as you speak.

Preparation: Make sure you communicate to your volunteers you don't want the balloons to pop before you are ready.

(Illustration 8—While you're talking, fill the balloons up with the pump. Make sure the balloons do not pop)

Point: When you get angry, release it to God.

Presentation: These two balloons represent you. So far, both balloons look exactly the same. Imagine you wake up in the morning and you are having a very good day. Then you get to school and your best friend tells you that another person is talking about you behind your back (Blow up both balloons. Teacher points to balloons). That makes you angry (Blow up both balloons). Then, that same person starts calling you names. That makes you angrier (Add more air to the balloons), but that's not all - that same person starts pushing you around (blow up the balloons even bigger). You get angrier and angrier until you explode (Illustration 9--take a small thumb-tack and pop one balloon), just like this balloon.

I've seen people explode. It's kind of scary. They lose all control and end up hurting people. Sometimes they even end up hurting themselves. Everybody gets angry. You can either let your anger build up and explode on someone or you can be like this balloon (point to other balloon) and slowly release the situation to God (Illustration 10—Slowly release the air in the balloon). When you get angry, don't explode; stop and ask God to help you control your words.
Ask God to help you walk away. Ask God to help you release that person from all the bitter feelings you have at that moment. When you are angry, release it to God. When you release it, that's when the control comes. Control your anger or it will control you.

**OBJECT LESSON 3**

I Forgive You

**Props:** Chocolate candy bar. Pieces of furniture that suggest the action is taking place inside of the family's living room.

**Setting:** This scene takes place inside of a family's living room.

**Character:** One girl and one boy.

**Point:** When you get angry, forgive others of their wrongs.

**Presentation:** Have the boy character rub the candy bar all over his face, especially covering the outside of his mouth.

Anger is an emotion that I really struggle with. I get so angry sometimes, I tell people I will never speak to them again. I have gone months without speaking with friends because they have made me angry. I know that I am not the only one. I know there are other people who struggle with anger. Let me introduce you to a girl named Ginger.

**Ginger:** (Walks inside the house) Mom! Mom? Are you home? Oh no! Mom isn't home. That means dinner isn't ready yet. I am so hungry. I have a candy bar in my room.

**Steven:** Hey Ginger. Mom isn't home yet.
Ginger: I know, I’m going to my room to get my... (Illustration 11–13) (She sees the candy all over Steven’s face, Gasping for air) Is...that...my...CANDY BAR ... you are eating?!

Steven: Sis, I was hungry.

Ginger: You think I care that you were hungry? You went into my room and stole my candy.

Steven: Ginger, relax. I was really, really hungry.

Ginger: That was my candy!

Steven: Ok, I’m sorry for taking your candy, will you forgive me?

Ginger: Forgive you! I never want to speak to you again.

Freeze

Teacher: If I was Ginger, I would probably be very angry right now. Her brother did say he was sorry though, and he did ask her to forgive him. I know Ginger is so mad that she never wants to speak to her brother again. I’ve felt like that before. There’s only one problem with that. The Bible says in Luke 17:3-4 “If your brother does something wrong seven times a day and seven times comes back to you and says, I’m sorry, forgive me! You have to forgive him.” It may seem unfair, but think of all the times Jesus has forgiven you.

Most of the time people don’t want to forgive other people because they get so angry that their anger controls them. Listen to me. It does not matter how angry you get, the Bible tells us to forgive others when they hurt us. Can you think of a person that you are angry with? What did that person do to you? What did that person say to you?
Do you still think about what happened over and over again? Are you so angry that you hate that person? Today is a big day for you. **Now, you have an opportunity to start controlling your anger and forgive that person.**

Today is a big day for Ginger. **Will she forgive her brother or will she let her anger control her?**

**Steven:** Ginger, I’m really sorry about eating your candy bar.

**Ginger:** *(Illustration 14)* It’s ok. I forgive you. I’m sorry I got so angry that I said I don’t want to speak to you again.

**Teacher:** What a big step for Ginger. I want you to think about what Ginger just did. At the end of the day, we will give each of you an opportunity to take that same big step. I know it is not easy to forgive that person you are angry with but you need to. **If you don’t control your anger, it will control you.**
MADDIE THE MAD COW

Frame 1
This is Maddie. Maddie Cow. She may look like an ordinary cow to you, but Maddie has a problem. You could say it’s a disease. The problem that she has is an anger problem. She just can’t control her anger. It started when she was younger. She would get angry over the smallest things and never learned how to control it. The problem got so bad that her mother decided to send her to Anger Management School. While all the other cows went to high school, she had to go to school to learn to control her anger so that it would not control her anymore.

Frame 2
Maddie hates going to Anger Management so even before the school bus comes in the morning, she is already angry. On this particular day, Maddie was extra angry because her sister had taken too long in the bathroom and her brother drank all of the milk left in the fridge. As soon as she got on the bus she heard ‘Lil Moo Moo say, “Look, it’s Mad Cow Disease. Hey Mad Cow, what are you going to do at Anger Management today?” Maddie was so angry that smoke started coming out of her ears.
She stormed over to ‘Lil Moo Moo and started violently and uncontrollably started throwing punches right into ‘Lil Moo Moo’s face. Crippled Cow jumped up from his seat and tried to pull Maddie off ‘Lil Moo Moo. Crippled Cow was screaming at the top of his lungs, “Stop! STOP MADDIE!!!!” It was too late though. ‘Lil Moo Moo was unconscious and had a broken nose.

The animalbulance was called to the school bus where they came and rushed ‘Lil Moo Moo to the hospital. Maddie stood there stunned. “What have I done” she whispered under her breath. Once again she was shocked at how she had let her anger control her. *She never wanted to hurt anybody but she was not in control of her anger.* She watched as ‘Lil Moo Moo was loaded into the animalbulance “Why didn’t I just stop and think about what I was doing.”

**Preaching Point**

If Maddie had just stopped and taken a look at how small the situation was, she never would have gotten so out of control. Are you like Maddie? Do you get so angry over little things that you simply lose control? When someone steps on your brand new sneakers, do you flip out and curse at them, or do you STOP and realize, hey, they’re just shoes, I can clean them?
Lesson 7

Leader’s Notes

When your Mom asks you to clean the dishes, do you get angry and throw a fit, or do you STOP and realize that your mom does lots for you and this is your way of helping her out? You need to ask yourself, “Do I control my anger or do I let it control me?” The Bible says: Don’t be a fool and quickly lose your temper - be sensible and patient.

Frame 5
When Maddie arrived at Anger Management, she had to share with the group about what had happened that morning on the bus. She was really embarrassed about what she did. “I just don’t know why I can’t control my anger. It seems like every time something frustrating happens I get more and more angry. I think that I have so much anger built up that I just explode over the smallest things and I can’t STOP myself. Someone can just look at me funny and I immediately want to hit them in the face.”

Frame 6
Cow-nselor Udder Lowing brought out a balloon in front of the group and began blowing it up. “I want you guys to imagine that every time you get angry, you are blowing more air into this balloon. If you keep blowing it up and don’t release any of the air out of this balloon, what happens? That’s simple. It will explode. The same is with your anger. If you keep storing up anger inside of you without releasing it, one day you are going to explode. Then, just like Maddie found out this morning, we do things that we don’t want to do.”
One of the other students in the group, Goosfraba, asked, “Well how do we release it then?” “Well,” Counselor Lowing replied, “The best way to release your anger is to release it to God. That means that when you feel angry and you think it is going to control you, you talk to God about it and release it to Him, instead of releasing it on everyone else.

**Preaching Point**

A lot of people bottle up their anger instead of releasing it to God. In the Bible God says, “Cast your cares upon me, because I care for you.” The next time you are at school and someone says something nasty to you, you have a choice: to release your anger on that person or to release it to God. How do you release it to God? It’s simple. All you do is tell God why you are angry and ask God to help you control it. You can do this at school, at home, or on the street and God will hear you and he will provide a way out, but you have to choose to release it to Him.

**Frame 7**

After Anger Management School was over, Maddie was thinking about what the counselor said. Of course she did not want to react the way she had with ‘Lil Moo Moo, but she did not think that she would need God's help. “That's too spiritual, I know I can handle this on my own” she said to herself. As soon as she stepped outside the school though, the first cow she saw was Milka, the Purple cow. Maddie could not stand Milka. Milka waved at Maddie and said, “How was Anger Management today Maddie?”
Frame 8
She started to remember back to when they were younger at camp and Maddie had fallen asleep in the field (standing up) Milka snuck up to where she was standing and tipped her over, breaking all her ankles and getting grass stains on all her sneakers. Once again there was smoke coming out of Maddie's ears. She was ANGRY! She also started thinking about all the times that Milka had made her mad. It was payback time.

Frame 9
“Hey Milka come over here, I've got something for you” Said Maddie. Milka asked, “What is it?” Milka asked “I think it's time to repay you for the little joke you played on me when we were at camp. “Maddie, that was so long ago and I felt so bad and I apologized over and over again. I was really sorry. Why won't you forgive me?”

Preaching Point
Maddie was so angry that forgiving Milka was the last thing she had on her mind. If she would just forgive the people around her, she would be able to control her anger, but she wouldn't. The same is with you - if you want to be in control of your anger, you have to be able to forgive. That is why some of you are not able to control your anger. The Bible says, “Forgive as the Lord forgave you.” The next time you get angry and won't forgive someone else, think about all the times that God has forgiven you.
Maddie was too angry. Because she did not control her anger by STOPPING, RELEASING IT TO GOD, and FORGIVING - her anger now controlled her.

**Preaching Point**
Maddie was so angry that forgiving Milka was the last thing she had on her mind. If she would just forgive the people around her, she would be able to control her anger, but she wouldn’t. The same is with you—if you want to be in control of your anger, you have to be able to forgive. That is why some of you are not able to control your anger. The Bible says “Forgive as the Lord forgave you.” The next time you get angry and won’t forgive someone else, think about all the times that God has forgiven you.

**Frame 10**
Maddie grabbed Milka and threw her into the street in front of a semi. It was then that Maddie realized how dangerous her anger was. Because she did not control her anger, her anger had controlled her. Now she had done something that she would regret for the rest of her life.
POINT OF DECISION
Everyone who leaves this place is going to face a situation that is going to make them angry. For some of you, it may be as soon as you get home. You need to make a choice right now before that happens. The next time you are angry, are you going to STOP, RELEASE IT TO GOD and FORGIVE, or are you going to let your anger control you. The choice is yours.

You can start to do something about your anger issues right now if you want. You can ask God to help you forgive that person that you are angry with. If you know of someone who has made you so angry, you find it hard to forgive that person, I want you to put your hand over your heart. I will pray for you. Repeat after me.

CLOSING PRAYER
Dear God,
I love You and I want to control my anger. Please help me to stop when I get angry and to release it to You and ask for Your help. Help me to forgive the people who have hurt me, just like You have already forgiven me. I give my anger to you. Thank You for helping me. In Jesus Name, Amen
Discipline is one of the most important "other" lessons that we teach in children's ministries. It's crucial that we're consistent in what we say and do concerning discipline, yet flexible enough to know when to let something pass. It can be a challenge to lay down the law when you're on the spot. It's easy to be clear about the obvious rules, rules that deal mostly with the safety of the children in your class. However, there are many times when you must decide what should be enforced and what you can let pass. Many of the kids we teach have very strong wills, and they're constantly being told what to do. They need to feel like they have a say in what they are going through. I try to keep "no's" to a minimum and give the child power over anything that is not mandatory. For example, when a kid starts coloring on the back of his paper, are you going to intervene? Don't. Let it go. Allow the child enough flexibility to have some say.

On the other hand, when you do tell children to do something, make sure they follow through right away. I don't agree with the philosophy of giving a child three chances. Make sure the child understands what's expected and then enforce what you've established. There should be no excuses. People have difficulties because of idle threats. They anticipate that the kids will have to be told two or three times before they will obey, so they wait to become serious in their words. Remember, you'll get exactly what you expect from your kids.

Be consistent. Go over the rules and the consequences. Be confident that you will enforce the rules in advance so you're prepared to handle disobedience. Never make extravagant threats because everyone knows you won't follow through. The policy at Metro Ministries is as follows: Children who disrupt the service are taken out. Adult helpers are assigned to intervene. If the kids are calm and responsive, the helpers will talk to them, pray with them and, if appropriate, return them to the service. If a child continues to be rebellious after being removed, the parents are notified and the child will be suspended for one or more weeks. If an incident occurs between two kids who are seated together, we separate them.

The Metro Ministries team members know the rules and procedures for handling these situations. Most importantly, the kids know what's expected, so we don't have many behavior problems. It allows us a clear path to fulfill the ministry we're so passionate in presenting, and we can do it without idle threats.