

16TH JANUARY 2022

Overview of Today's Lesson

THEME

Remote Control:
The choice is yours

BOTTOM LINE

Don't be controlled by
your anger.

BIBLE REFERENCE

David Spares Saul's Life
1 Samuel 24

MEMORY VERSE

God's power has given
us everything we need
to lead a godly life.
2 Peter 1:3a

Programme Breakdown

1. Introduction
2. Praise and Worship
3. Lesson Video
4. Activity Pages

Activity Pages you need:

1. Prayer and Reflection

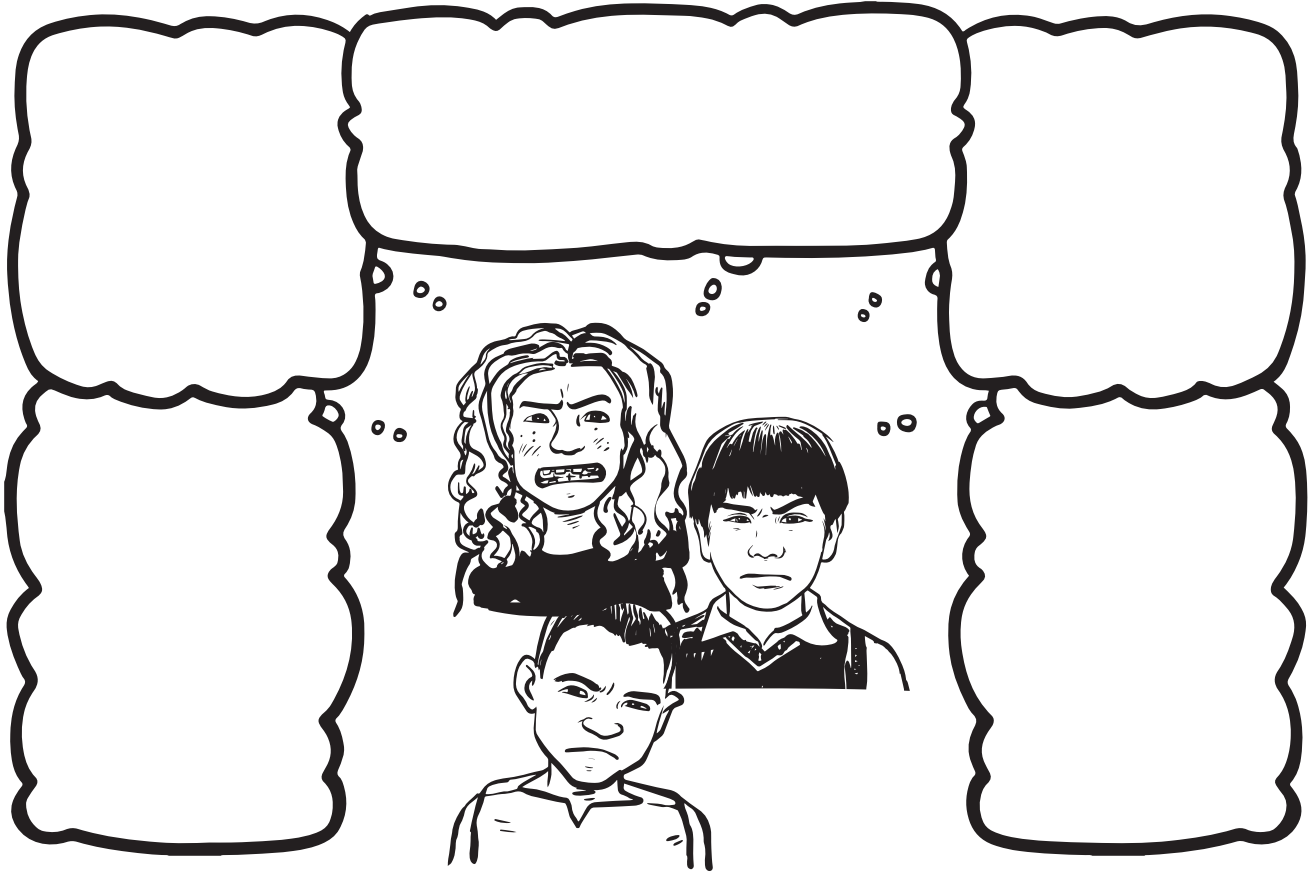
Materials you need:

1. Pencil / Pen

Prayer and Reflection

January Week 3

What makes you angry? Write 5 of them in the speech bubbles below. When you are done, refer to the “anger solutions” at the bottom of the page and circle 5 of them.



ANGER SOLUTIONS

- Take four deep breaths in and out
- Eat a healthy snack
- Ask someone to give you a big hug
- Write down 3 things you love about yourself
- Write down 5 things you're thankful for
- Find a stuffed animal or a squishy ball to squeeze
- Run laps outside (with adult's permission)
- Say "Grr" as loudly as you can

Anger isn't always a bad emotion. When we make healthy choices in response to our anger, we are in control of our anger. Pause when you feel anger rise up and use these anger solutions.

LET'S PRAY! 😊

Dear God, we don't want to be controlled by anger. Help us to make wise choices when we are angry. Give us Your strength and power to show self-control no matter what happens. In Jesus' name we pray, Amen.