

Anger

Objective: Your child will be able to understand what anger is and the importance of staying in the spirit when they are angry. Your child will also be able to exhibit self control by thinking about their righteous forefathers and having self coping mechanisms in place for when they do get angry.

Opening Questions

- Have you ever been angry?
- What are some things that make you angry?
- How does it feel when you get angry?
- What do you do when you are angry?

Key Scripture:

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

- It is ok to be angry but it is not ok to sin because you are angry. To let the sun go down upon your wrath is for you to get so angry that you forget the laws and start sinning.

Bible: KJV 1611 with apocrypha

Materials: Legos and Soda Bottle

Activity: Tower Building and Fizzle Out

Vocabulary Words

- Sin- breaking the commandments
- Angry- feeling upset, frustrated or mad at someone or something
- Wrath- extreme anger
- Positive Mindset- being aware of both positive and negative thoughts and being able to think about them or work out your thoughts.
- Choice- an act of selecting or making a decision when faced with two or more possibilities.

Saul and David

1 Samuel 18:6 And it came to pass as they came, when David was returned from the slaughter of the Philistine, that the women came out of all cities of Israel, singing and dancing, to meet king Saul, with tabrets, with joy, and with instruments of musick.

1 Samuel 18:7 And the women answered one another as they played, and said, Saul hath slain his thousands, and David his ten thousands.

1 Samuel 18:8 And Saul was very wroth, and the saying displeased him; and he said, They have ascribed unto David ten thousands, and to me they have ascribed but thousands: and what can he have more but the kingdom?

1 Samuel 18:9 And Saul eyed David from that day and forward.

1 Samuel 18:10 And it came to pass on the morrow, that the evil spirit from God came upon Saul, and he prophesied in the midst of the house: and David played with his hand, as at other times: and there was a javelin in Saul's hand.

1 Samuel 18:11 And Saul cast the javelin; for he said, I will smite David even to the wall with it. And David avoided out of his presence twice.

- Saul and David went to war but David had killed more men than Saul. Saul was so mad that he threw a knife at David to try and kill him. He was jealous of all the praise that David was getting.

Q. Did Saul let the sun go down on his wrath?

Cain and Abel

Genesis 4:5 But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.

Genesis 4:6 And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen?

Genesis 4:7 If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.

Genesis 4:8 And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.

Genesis 4:9 And the LORD said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper?

- Cain was mad that God accepted Abel's offering instead of his. Instead of talking to his brother about this, he killed him.

Q. Did Cain let the sun go down on his wrath?

Saul and Jonathan

1 Samuel 20:30 Then Saul's anger was kindled against Jonathan, and he said unto him, Thou son of the perverse rebellious woman, do not I know that thou hast chosen the son of Jesse to thine own confusion, and unto the confusion of thy mother's nakedness?

1 Samuel 20:31 For as long as the son of Jesse liveth upon the ground, thou shalt not be established, nor thy kingdom. Wherefore now send and fetch him unto me, for he shall surely die.

1 Samuel 20:32 And Jonathan answered Saul his father, and said unto him, Wherefore shall he be slain? what hath he done?

1 Samuel 20:33 And Saul cast a javelin at him to smite him: whereby Jonathan knew that it was determined of his father to slay David.

- Saul had a plan to kill David. David and Jonathan were friends and Jonathan allowed David to not be at the table for dinner. When Saul heard what Jonathan did, he threw a knife at him to try and kill him.

Q. Did Saul let the sun go down on his wrath?

Moses

Numbers 20:7 And the LORD spake unto Moses, saying,

Numbers 20:8 Take the rod, and gather thou the assembly together, thou, and Aaron thy brother, and speak ye unto the rock before their eyes; and it shall give forth his water, and thou shalt bring forth to them water out of the rock: so thou shalt give the congregation and their beasts drink.

Numbers 20:9 And Moses took the rod from before the LORD, as he commanded him.

Numbers 20:10 And Moses and Aaron gathered the congregation together before the rock, and he said unto them, Hear now, ye rebels; must we fetch you water out of this rock?

Numbers 20:11 And Moses lifted up his hand, and with his rod he smote the rock twice: and the water came out abundantly, and the congregation drank, and their beasts also.

Numbers 20:12 And the LORD spake unto Moses and Aaron, Because ye believed me not, to sanctify me in the eyes of the children of Israel, therefore ye shall not bring this congregation into the land which I have given them.

- Moses was given a direct command to talk to the rock but with his anger he smote the rock 2 times instead. He was mad at Israel because we kept rebelling and not listening. This mistake made him not be able to see the promise land.

Q. Did Moses let the sun go down on his wrath?

Nehemiah 13:19 And it came to pass, that when the gates of Jerusalem began to be dark before the sabbath, I commanded that the gates should be shut, and charged that they should not be opened till after the sabbath: and some of my servants set I at the gates, that there should no burden be brought in on the sabbath day.

Nehemiah 13:20 So the merchants and sellers of all kind of ware lodged without Jerusalem once or twice.

Nehemiah 13:21 Then I testified against them, and said unto them, Why lodge ye about the wall? if ye do so again, I will lay hands on you. From that time forth came they no more on the sabbath.

- There were people trying to break the sabbath to sell items. Nehemiah told them if they try to come back to sell on the sabbath he was going to lay hands on them.

Q. Did Nehemiah let the sun go down on his wrath?

2 Samuel 16:6 And he cast stones at David, and at all the servants of king David: and all the people and all the mighty men were on his right hand and on his left.

2 Samuel 16:7 And thus said Shimei when he cursed, Come out, come out, thou bloody man, and thou man of Belial:

2 Samuel 16:8 The LORD hath returned upon thee all the blood of the house of Saul, in whose stead thou hast reigned; and the LORD hath delivered the kingdom into the hand of Absalom thy son: and, behold, thou art taken in thy mischief, because thou art a bloody man.

2 Samuel 16:9 Then said Abishai the son of Zeruiah unto the king, Why should this dead dog curse my lord the king? let me go over, I pray thee, and take off his head.

2 Samuel 16:10 And the king said, What have I to do with you, ye sons of Zeruiah? so let him curse, because the LORD hath said unto him, Curse David. Who shall then say, Wherefore hast thou done so?

2 Samuel 16:11 And David said to Abishai, and to all his servants, Behold, my son, which came forth of my bowels, seeketh my life: how much more now may this Benjamite do it? let him alone, and let him curse; for the LORD hath bidden him.

2 Samuel 16:12 It may be that the LORD will look on mine affliction, and that the LORD will requite me good for his cursing this day.

- A man named Shimei was calling King David names and throwing rocks at him and his men. (Ask the child how they would feel if someone was calling them names and throwing rocks at them.) Even with all of this going on David did not render evil for evil. He kept it moving.

Q. Did David let the sun go down on his wrath?

Build a Tower

Get some lego blocks and build a tower. The tower represents you with your emotions together. Everything is ok. You may be angry, upset etc. but you have the commandments at the front of your mind. You are not sinning.

Now you can have your child knock the tower over. The tower knocked down represents you letting your anger win. Now your actions have you rolling in a bad spirit and you are not keeping the commandments.

Fizzle Out

Have your child take a soda bottle or can and shake it up really fast. When you get angry and sin it's like shaking the soda and when you open it up it explodes! Instead of letting the anger take over, you can take a deep breath and pray to TMH to help you calm down so you do not sin. When you have a regular bottle of soda and it is not shaken up nothing happens. This represents you working through your coping mechanisms to not sin.

- Some things you can do when you get upset: talk to an adult, take a deep breath and count from 1-20, release some energy (running around, kicking a ball), write out what happened or draw a picture.

Q & A- Review

- Is it ok to get angry?
- Is it ok to hit or hurt someone because you are angry? (This includes words or looks)
- Is it ok to yell or shout at others because you are angry?
- Is it ok to ask for help when you are angry?
- What are some things you CAN do to let the fizz out when you're feeling upset, bothered, frustrated or angry?
- Name some people that let the sun go down upon their wrath.
- Name some people that did not let the sun go down upon their wrath.

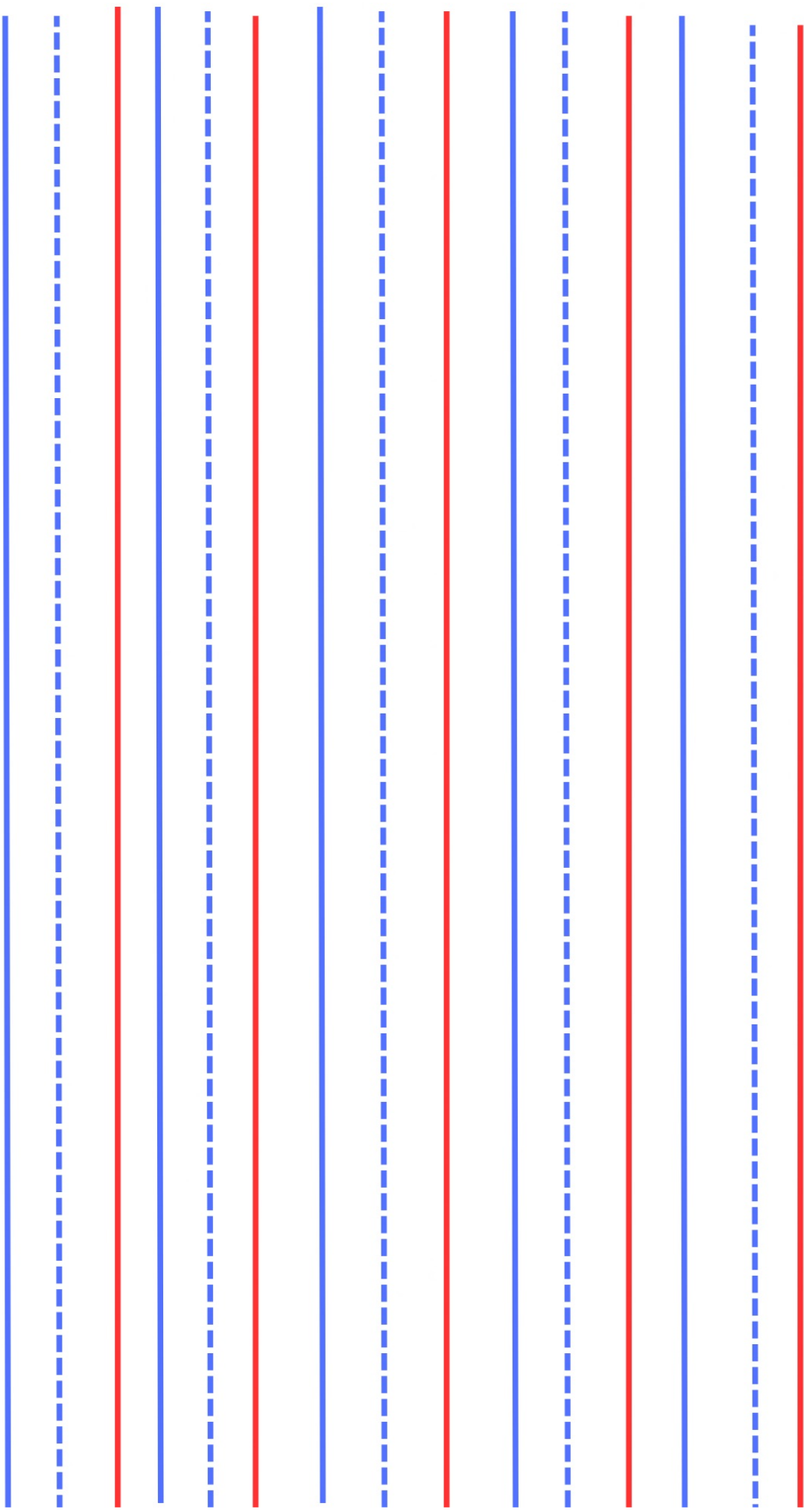
Closing.

We all have feeling so it is ok to be upset. The problem is when you get upset and you let your anger take over your body. You should never be so upset that you forget the commandments and you start sinning. If you struggle with an anger spirit, pray to TMH to take that spirit away from you. You must always remain positive and do not forget you have the choice on how you act when someone gets you upset. The next time you get upset will you use mean words or take a deep breath, talk to an adult and count to 20.

- Proverbs 25:28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Write the scripture below on the line

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

The image shows a series of horizontal lines for handwriting practice. Each row consists of four lines: a solid blue top line, a dashed blue middle line, a solid red bottom line, and a solid blue line below the red one. There are five such rows of lines provided for writing the scripture.

WRITING PROMPT

Write about a time when you got angry and what you did when you got angry. Did you let the sun go down upon your wrath?

[illegible]