

March 8, 2026
1st-3rd Grade Sunday School
Week 2: We Don't Talk About... Anger

Video Game:

Encanto Freeze Dance

It is in the "Sunday School Videos" album and the date is in the comments.

Game: Shake It Off Relay"

SUPPLIES: tape and spots

INSTRUCTIONS:

Divide into teams of 4-6.

First kid runs to a spot, does:

- 5 crazy shakes
- 5 spins
- 5 jumps

Then runs back and tags next player. First team finished wins.

WHAT'S THE POINT:

The best way to deal with anger is to let it out - by talking about it.

LESSON: Talking about anger helps us to keep it under control.

Last week we started talking about things we'd rather not talk about, which sounds like a pretty silly thing to do. If we don't like to talk about such things, why even bother talking about them? Because as we learned last week while talking about fear, talking is the best way to deal with some of these things. It may not be easy, but opening up to God and people we trust about these difficult feelings can really help us manage them.

Today's unmentionable topic is anger. Anger is considered to be one of the ugliest emotions we have. No one likes to get angry. No one likes to talk about being angry. But we all get angry at least... what would you say, once a week? Once a day? Probably more than once a day if we're all being honest.

There are so many things that make us angry. When something doesn't go our way. When something happens we feel is unfair. When bad things happen to us, or to someone we love. When someone insults or hurts us. When someone breaks a promise. When something gets broken. It may be big. It may be very, very small. But there are things that set us all off and make us angry.

The last thing you want to do when you are angry is not talk about it. Bottling up our anger doesn't make us less angry. It makes that anger grow. One thing builds on top of another. You get angry at a teacher. You get angry because you didn't get chocolate milk at lunch. You get angry at your Mom. Then your friend does some little thing that hurts your feelings and BOOM! You blow your top.

It doesn't matter who you are, hiding your anger is never a good idea. One of the greatest heroes of the Bible tried to hide his anger, and it cost him - and others - dearly!

READ EXODUS 2:11-14

Moses was an Israelite. If you know the story of Exodus, you know he was born to a family that was trapped in slavery. His mother's courage saved his life, and he was adopted by the daughter of the King of Egypt.

Moses grew up in the palace, but he knew who he really was. When he saw one of his fellow Israelites being abused, he let his anger get the best of him. He committed murder! Moses wanted to do good for his people, but because of his crime, he would end up spending forty years in exile. Forty years until he could finally do something to help.

Anger isn't bad in and of itself, but when we get angry, we need to deal with it properly. We need to talk about it. We need to give our anger to God, and sometimes talk it out with others. Only by voicing our anger in a constructive way can we keep ourselves from lashing out.

Moses was a special man chosen by God to save the Israelites from slavery, and he did. God was with Moses from birth, watching over him and preparing him for that very purpose. There's no way to know what would have happened if Moses didn't let his anger get the best of him, but it's very possible Israel might have seen freedom sooner. God spent forty years preparing Moses in the wilderness. Forty years from the day he murdered the Egyptian until God sent him back to Egypt.

Anger is destructive. It's not always as destructive as what happened in our story today, but anger causes us to say and do things we do not really mean. We hurt people with our words. We hurt them with our actions. People we love can be hurt, and that can seriously damage our connection to them.

The best way to keep our anger in check is to give voice to it. We can talk to God about our anger. We can talk to family or friends we trust who can pray with us. Sometimes we can even talk to the people who made us angry, expressing our feelings not by screaming and yelling but honestly letting them know how we feel.

Talking things out helps us to find peace. Talking to God can help us remember that we are to love one another and not lash out in anger. The better we are at giving voice to feelings like anger, the less likely we are to hurt someone in our anger.

Anger isn't a fun emotion. It's not easy to talk about. But with God's help we can learn to talk about anger and take control before it sends us out of control.

Discussion Questions:

1. What do you do when you get angry at someone?
2. What did Moses' anger cause him to do?
3. What should Moses have done instead?
4. What should we do when we feel angry?
5. Is there someone in addition to God you can talk to when you feel angry?

Close in prayer.

Memory Verse:

THIS WEEK: "So confess your sins to one another. Pray for one another so that you might be healed. The prayer of a godly person is powerful. Things happen because of it." James 5:16 (NirV)

If they memorize the verse, they can get a ping pong ball to put in the BLUE BOX in the hallway.