



Older IK Groups- 2nd - 5th Grades

January 22, 2025

Bible Story: Murder- Exodus 20:13, Genesis 4:1-16

Big Idea: We don't hurt others.

The Win: Kids who can identify and take their next step of discipleship by embracing a preschooler's physical needs or engaging an elementary kid in things that interest them.

Wednesday Share:

Tonight during Impact Kids, we looked at Exodus 20:13 and Genesis 4:1-16. God says not to commit murder. In a brotherly feud between Cain and Abel, Cain is jealous of his brother, Abel. God warns Cain not to fall into sin's trap by being angry and dejected. But Cain doesn't listen and kills his brother. God punishes Cain by making him a homeless wanderer who can't grow good crops. Ask God to create an environment of uplifting and encouraging words, rather than hurtful words, in your home.

Leader Devo:

<https://parkwaychurch.tv/blog/2025/01/15/jan-22>

Dig In to Prayer:

Ask God to create an environment of uplifting and encouraging words, rather than hurtful words, in your ministry.

Quick Tip:

You help set the tone for helpful rather than hurtful words in your ministry.

When you make sarcastic jabs that seem harmless at kids, you're communicating that that's okay to do. You never know who your words may hurt, and you're also setting the example for kids to add their own hurtful jabs. Commit to saying only positive things.

Wednesday Group Schedule

Leaders Arrive: 6:15 PM

Family Dinner: 6:30 PM – 6:50 PM

K-3rd Outside Play: 6:50 PM- 7:20 PM

4th & 5th Small Group: 6:50 PM- 7:30 PM

K-3rd Small Group: 7:25 PM- 8:00 PM

4th & 5th Outside Play: 7:30 PM- 8:00 PM

Dismiss: 8:00 PM- 8:05 PM

Low Energy Game:

Supplies

- 5-gallon buckets or taller trash cans (1 for every 8 kids)
- foam balls or rubber playground balls (1 for every 4 kids)
- masking tape
- round plastic tablecloths (1 for every 8 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep: Designate the playing areas. You'll need 1 area for every 8 kids.

- Lay out a plastic tablecloth on the floor at one side of the playing space, then set a bucket in the center of the tablecloth.
- Place a masking tape line about 10 feet away from the bucket.

Play a Game Like Knock Out

Say: When you play Knock Out with basketballs and a hoop, the goal is to make a basket first so you "knock out" your opponent. Let's play our own version with these buckets and balls.

- Form groups of about eight kids, and have each group line up in a single-file line behind a tape line. Give the first two kids in line each a ball.
- The first person in line will try to throw the ball into the bucket. Once the ball is thrown, the next person in line can immediately throw his or her ball, too, trying to get it into the bucket before the first person. If they miss the bucket, kids can retrieve their balls and get closer to the bucket before throwing again, but they can't stand on the plastic tablecloth to throw.
- If the first person gets the ball into the bucket before the second person, he or she hands the ball to the third person in line and moves to the back of the line.
- If the second person gets the ball into the bucket before the first person, the first child is eliminated from the game, and the second child goes to the back of
- the line. The balls are handed to the next two people in line, and the game continues.
- Keep playing until all the players except one have been eliminated. If time allows, have kids line up and play again.
- If you'd like, play upbeat music during the game.

Talk About It

Ask: How did you feel when you knocked someone out? when you got knocked out?

- How is eliminating people in this game like hurting or rooting against people in our lives?
- How can we not knock out or root against people in our lives?

Say: In this game, you had to "hurt" others by trying to knock them out of the game. But if you won, you were all alone! Hurting others ends up hurting ourselves, and it's not God's way. We don't hurt others.

Talk About Video:

Discuss and Watch "Snooty Fruities"

Say: Today's commandment from God is we don't hurt others.

Ask: Tell about a time you were bullied or teased. Share your own story first.

Say: It's no fun when others hurt us! When we keep that in mind, we can make sure we aren't the ones hurting someone else. Let's look at how bullying can really hurt.

Watch "Snooty Fruities."

Ask: What emotions did you see Broccoli having in this video?

What was the most hurtful thing to happen to Broccoli?

What difference did it make when the fruit basket was nice to Broccoli instead of bullying Broccoli?

Say: Bullying can hurt emotionally and physically, just as it did for Broccoli. On the other hand, being kind to others can make people feel really good! That's why God wants us to make sure we don't hurt others.

Deeper Bible:

Supplies

- Bibles
- empty 16-ounce water bottle with lid
- vinegar
- baking soda
- tissue paper
- measuring cup and spoon

Easy Prep: Pour 1 cup of vinegar into the water bottle.

Roll up 1 tablespoon of baking soda into a piece of tissue paper, using a burrito type of wrap so the baking soda doesn't pour out the bottom. Make sure the roll is narrow enough to fit through the bottle opening.

Tips

- Because of the way the lid becomes a projectile, we don't recommend letting kids try this experiment for themselves. Only a leader should hold the bottle.
- We tested this with a generic, off-brand water bottle with only a few ridges to screw the cap on. More expensive brands may have tighter caps that don't come off as easily, which could cause the bottle itself to explode. Use cheaper bottles and don't screw on the cap too tightly.

Set It Up

Say: We're learning that we don't hurt others. But what about when people make us really mad? Have you ever tried to bottle up your anger so you don't hurt someone? It can feel like this. Stick the prepared roll of tissue paper into the bottle, immediately screwing on the lid as soon as you let go of the tissue paper. Hold the bottle so kids can see it, but point the lid away from people so that it won't hit anyone when it pops off. As kids observe the bottle expanding and the lid getting rounded, have them talk about things that make them mad.

When we tried this experiment, the reaction seemed to start to calm down without the lid popping off, and we thought maybe it wasn't powerful enough to explode and force the bottle cap off the bottle. But within a couple of minutes, the lid flew off! Make sure you hold the bottle and point it away from kids until that happens.

When the lid explodes off the bottle, find it and retrieve it.

Ask: What did you notice about what happened in the bottle?

How is that like bottling up our anger?

Say: When someone makes you mad, bottling up your anger can make you feel like you're going to explode. And like our bottle, you eventually may explode! So what are good ways to respond when you feel mad? Let's dig in to that.

Deeper Bible: cont.

Dig Deeper

Read Ephesians 4:26-27.

Say: Notice that this verse doesn't say feeling angry is a sin. Listen again for what it does say.

Read Ephesians 4:26-27 again.

Ask: What does this verse tell you about anger?

Would you say the "anger" in our bottle controlled the bottle? Explain.

Say: It's okay to feel angry, but it's not okay to let anger control us or the way we treat others. So when you feel mad, admit to yourself and God that you feel that way. That's the first step in moving on. But then there's more to do.

Read Colossians 3:13.

Ask: Why is forgiveness an important step in handling your anger?

Say: When we don't forgive, it's like we're replaying the event that made us mad over and over. And that makes us feel mad over and over. Put the lid back on the bottle and shake it, letting the reaction fizz a little more. But when we forgive, we do this. Unscrew the lid just a little so air hisses out. Kids should be able to hear this reaction.

Say: When we forgive, we clear the air and stop letting the anger have power over us. And then we can start to refocus on other things. We can do what the Bible says and "capture rebellious thoughts." That means noticing and stopping ourselves when we're thinking about things we shouldn't.

Read 2 Corinthians 10:5.

Ask: What could you think about to help you refocus your thoughts when you're angry? Share your own example first, such as thinking about puppies, fun memories, or your favorite foods.

Screw the lid back on tightly. **Say:** When we keep thinking about the event that made us mad, we're just making it bubble up over and over. Retighten the lid on the bottle, and let kids shake it. By now the reaction shouldn't cause the lid to explode off the bottle again, but kids will be able to see it fizzing.

Say: Instead of letting our anger bubble up, we can capture all our angry thoughts and make them obedient to Jesus. And then we can ask for God's peace.

Read Philippians 4:6-7. As you do, unscrew the lid to let the air hiss out again.

Then leave the lid off.

Say: When God brings us peace, he can take care of any anger we feel. Swirl the bottle with the lid off, and have kids observe how it doesn't bubble as much.

Say: Let's review. When we feel angry, we can acknowledge that we're angry, choose to forgive, do things that help us refocus our thoughts, and ask for God's peace. By doing that, we won't let anger control us the way Cain's anger controlled him. We don't have to bottle up our anger, but with God's help, we can let it go so we don't hurt others.

Life Application:

Pose and Pray

- Have kids cross their arms as if they're angry.
- Have kids silently talk to God about something that makes them angry.
- Have kids uncross their arms and hold them out.

Wrap Up

Pray: God, we all get angry sometimes. Help us find peace when we're angry instead of making the situation worse with hurtful words or actions. Give us your peace right now. Pause. In Jesus' name, amen.

Thank kids for coming, and encourage them to come back next week.

Activity Page with a Point:

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: One of God's commandments is that we don't hurt others. When we get angry like Cain did, we can ask God to help us make peace instead of hurting others. Let's color Cain looking pretty mad!

Allow time for kids to color.

Older Kids: Do an Activity Page

Say: We're learning that we don't hurt others. Cain is a great example of how our anger can get the best of us and make us want to hurt other people. But instead, we follow God's way. We do the opposite of what Cain did! Let's do a puzzle with some opposites.

Distribute the activity pages and pencils. Kids will fill in the crossword puzzle to show the opposite of hurtful words.

Ask: Tell about a time you wanted to do one of the things in the clues.

When you want to hurt someone, what can help you make the opposite choice?

Say: We don't hurt others. When we're angry, we ask God to help us calm down so we can do the opposite of what we might want to do to hurt someone.

Answer Key: Older Kids

