

Bible Passage

James 3 v 13-4 v 8
Don't Argue

Today in church we learned that...

We can choose to live for God and not let arguments or wrong motives get in the way.

Why not take some time this week to revisit the Bible Passage using the following questions and activities.

Can you find a way to remember the memory verse together?

Memory Verse

Leviticus 19 v 18

Love your neighbor as you love yourself.

Discussion Starters/ Teaching

- What is sin? How can we know if our behavior is pleasing to God?

James 4 v 3 warns about wrong motives, when we live selfishly it can be easier to slip into argument or behaviors that don't please God. We can learn from the Bible and the example of Jesus how God wants us to live in the world.

Going Deeper

- Do you have any arguments from your past that you still need to resolve? How might God want you to do that?

Follow the leader: James 4 v 7 warns us to give ourselves to God completely, to live in a way that pleases God rather than following the examples of the world. Take turns being the leader and talk about how we can follow Jesus' example in our own lives.

Plant some seeds: James 3 v 18 says "People who work for peace in a peaceful way plant a good crop of right-living." Why not try planting some seeds together as a family? You could purchase seeds or try using the seeds from the fruit or vegetables you eat during the week.



Connect with God Together

Complete this activity to let out your anger and give any problems or events that caused it to God.

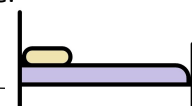
Write or draw on a piece of paper the things that have made you angry. Crumple up the paper, stomp on it, rip it apart, destroy it.

Ask God to take away your anger.



Anger Challenge

Ephesians 4 v 26 reminds us to remove negative emotions before we go to bed. Why not challenge yourselves as a family this week to let go of negative emotions at the end of each day with a short time of prayer and listening to God as part of your bedtime routine.



A question for adults to ask children

How does your body feel when you are angry?

You may want to discuss the difference between feeling an emotion and acting on it. There are things in the world that will make us angry because they are wrong – it is how we respond that matters.

A question for children to ask adults

What do you do to help yourself calm down when you are angry?

Object Lesson

Anger Volcano: You will need a small pot, a larger dish or plate, white vinegar, and baking soda.

Place the small pot in the center of the larger dish/plate. (You may wish to place some figures e.g. toy soldiers, lego men around the small pot.) Add baking powder to the small pot.

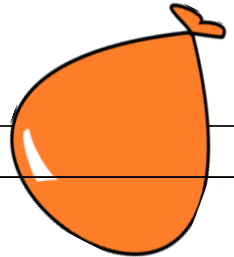
Explain that the vinegar is going to represent us getting angry – add it to the small pot and watch as the reaction spills over onto the plate and the figures.

Explain that when we get angry it has consequences not just for us but those around us. God wants us to overflow with things that reflect who God is--not our anger.



Craft

Squishy Stress Ball: Carefully fill balloons with flour or corn starch using a funnel to make a squishy stress ball. You could also decorate the outside with Sharpies and turn your stress ball into a face!



Games

Emotions Game: You will need two baskets, one with pieces of paper with activities on e.g. brushing my teeth, cooking a pancake. The other basket should contain emotions e.g. happy, sad, excited, angry.

Pick a paper from each basket and try to act out the action in the style of the emotion. The group should try to guess what you are doing and how you are feeling.

Spiritual Training Activity

Each person should write or draw on paper anything that makes them angry or a situation from their past where they are still holding on to hurt.

Create a space where you can bring your papers and give them to God asking Him to help you let go of your anger. Have a bucket or trash bin where you can dispose of your paper.



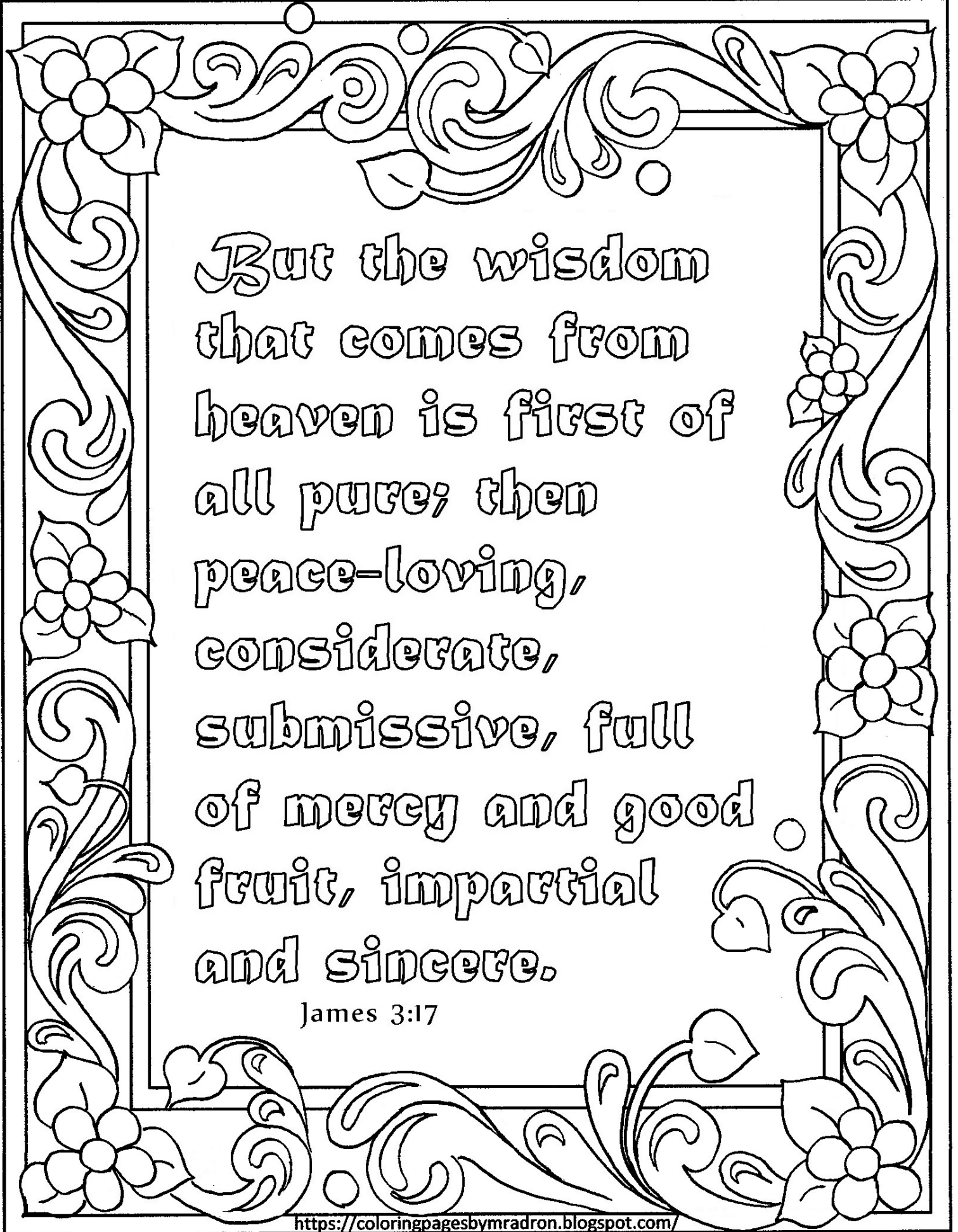
Links to other readings for the Sixteenth Sunday after Trinity.

Psalm 1 v 1-2

Happy are those who don't listen to the wicked, who don't go where sinners go, who don't do what evil people do. They love the LORD's teachings, and they think about those teachings day and night.

These verses from Psalm 1 remind us that God's word shows us how to live a life that pleases God and that we should not follow the example of sinful people. The best example is that given to us by Jesus.

Coloring Page




But the wisdom
that comes from
heaven is first of
all pure; then
peace-loving,
considerate,
submissive, full
of mercy and good
fruit, impartial
and sincere.

James 3:17

Read James 3:13–18. This passage describes true wisdom that comes from God. In the puzzle below, unscramble each of the clue words. Take the letters that appear in the circle boxes and unscramble them for the final message.

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