

Rain or Shine: Trusting God in every season

Resilience is getting back up when something gets you down.



MEMORY VERSE

Be strong, all you who put
your hope in the Lord.
Never give up.
Psalm 31:24, NIV

Talk About the Bible Story

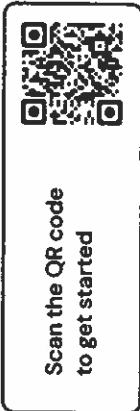
Open the Bible together and read James 1:19 or watch the video together on the Parent Cue app.

Engagement Questions

- What makes you feel angry?
- What do you do when you feel angry?
- Why is it sometimes challenging to be slow to anger?

Faith and Character Activity

Scan the QR code below for activities to guide kids at every phase to trust Jesus in a way that changes how they see God, themselves, and the rest of the world.



Prayer

"Dear God, thank You that You help calm even our biggest emotions. Help us to be quick to listen, slow to speak, and slow to get angry. Remind us to talk to You when we're feeling angry, and use the tools You've given us to slow down. We love You, and we pray these things in Jesus' name. Amen."

Weekly Parent Cues

Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, tell them about something they said to you or someone else that was meaningful.



Meal Time

At a meal this week, have everyone at the table answer this question: "What do you do when you feel angry?"



Drive Time

While on the go, ask your kid: "Who is someone who makes you feel better when you're angry?"



Bed Time

Pray for each other: "God, help us to talk to You first when we're angry. You want us to talk to You about anything—even about the things that make us mad."

More Ways to Engage with Your Kid

Faith & Character Activities



Worship Song of the Month



Download the Parent Cue app

AVAILABLE FOR APPLE AND ANDROID DEVICES



Journal

January
2025

Week Three
Preteen

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Day 1

After watching, write one thing that:

1. You liked:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

2. You learned:

Download it for free at parentcue.org/app.

3. You'd like to know:

Even if you already saw it at church, feel free to check it out again!

Day 2

Read James 1:19

After you read the verse, stand in front of a mirror. Read the verse again and come up with hand motions and facial expressions to communicate the verse. You might pretend to run in place for the part about being quick, and talk and move v...e...t...y... s...l...o...w...l...y... for the part about being slow. Try to come up with something for every main idea in the verse.

Every day this week, practice saying this verse and doing the motions/facial expressions. You'll want to remember them for later this week!



Day 3

Cut out the prayer below or write it on another piece of paper.

Place it somewhere you will see it often so that whenever you feel yourself getting angry, you can read this prayer and ask God for help.

Dear God, I feel angry at

right now because

I don't want to feel angry, but I need

Your help to let go of the anger

and forgive. I am thankful You have

forgiven me for all the wrong things I

have done—please help me to be as

forgiving to others. Please help me to

be slow to get angry—not just in this

situation, but throughout my life. In

Jesus' Name, I pray. Amen.

Day 4

What do you do when you feel angry?

Remember how you came up with words and facial expressions to try to communicate the main ideas of James 1:19?

Today, find a couple of different people with whom you can share this verse. First start by just doing the motions and expressions and see if they can understand what you're trying to say (without words). Then repeat the movements but say the verse out loud so they can see how they did.

Ask each of your friends if they have any ideas for ways to practice being slow to anger. If they do, write them down or commit them to memory because you'll need them tomorrow!



Day 5

It sounds good to be slow to anger, but what does that look like in real life?

It might mean:

- Taking a deep breath and... talk to God.
 - Punch a pillow and... talk to God.
 - Run in place and... talk to God
 - Put on some music and dance and... talk to God.
 - Color or paint and... talk to God.
 - Count to 10 before responding and... talk to God.
 - Do some jumping jacks and... talk to God.
 - Go to another room and... talk to God.
 - Put on your headphones and some good music and... talk to God.
 - Drink a glass of cold water and... talk to God.
 - Think about something that makes you laugh and... talk to God.
 - Take a bath or shower and... talk to God.
 - Take a walk and... talk to God.
 - Talk to God and... take a nap.
- There are so many different ways you can let go of your anger without hurting yourself or someone else. Keep this list handy for the next time you need some help controlling your anger. Just remember, **when you're angry, talk to God.**

You took time to build the NASA Artemis Space Launch System Lego® set for months, proudly displayed it on your bookshelf, and later found your little brother surrounded by a sea of Lego® pieces with a guilty look on his face.

Your birthday is coming up, and your parents promised you a BIG celebration. Unfortunately, your birthday party has been canceled because the whole family is sick.

Your baseball team is down by one run in the championship game. It's the bottom of the 9th inning, and you're up to bat with two outs. You swing at the first two pitches and miss. The umpire calls the third pitch a strike, but you're sure it's a ball. Your team loses, and you're frustrated with the umpire's call.

You're in the middle of an epic round of your favorite video game, about to beat your high score! A grown-up calls you to dinner, but you keep playing. After calling three more times, they burst in and turns the game off.

Your family is going on an annual beach trip! Your mom took you shopping for new clothes just for the trip, and you've got them all packed in your luggage! A few hours into the road trip, you hear a crash from the roof of the car, and you realize some luggage fell off! You look out the rear window and see your bag of clothes. It's so unfair that your stuff happened to be what got ruined!

Your dad asks you to watch your baby sister. "Just sit with her while she eats, and I'll be back before you know it," he says. Only minutes after he walks out the door, your sister picks up a pile of blueberries, squeezes them in her fist, and flings them right at you! You're so mad at her, and you're certain they're going to stain your favorite shirt!

One day while you're at the park, you and your friends decide to leave your bikes and take a walk through the woods nearby. You're only gone for about 20 minutes, but when you get back to the park, you notice your bikes are gone. You're so upset! You love that bike, and you know your parents don't have the money to replace it.

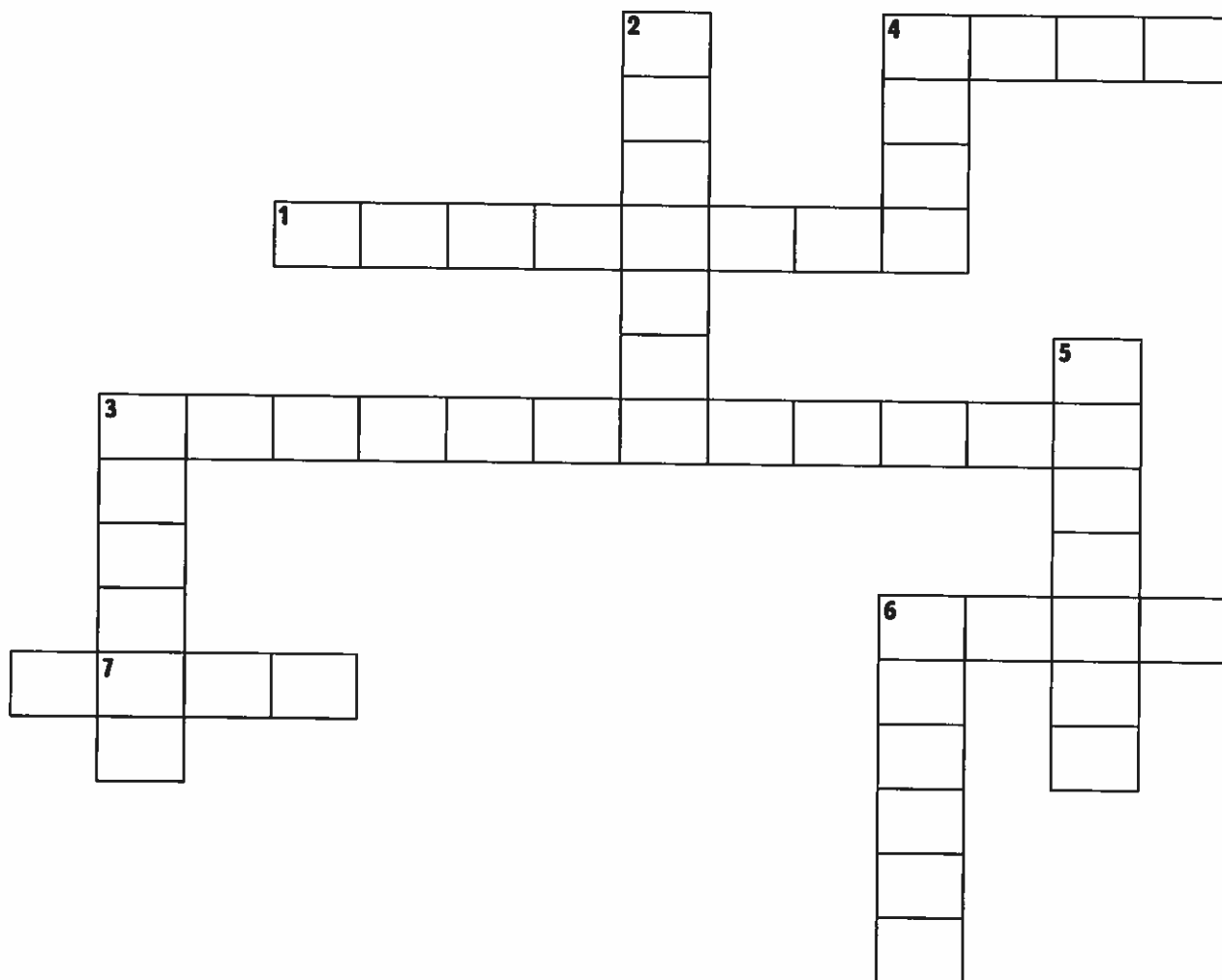
Your grown-up promised they'd reward you for your improved science grade by taking you to see the new superhero movie in the theater this weekend. You study like crazy, and after this week's science test, you feel confident that you did great. On Friday, your teacher hands back your tests and you see a big, red letter "F" at the top! You don't understand! You worked so hard!

There's a kid who rides your bus that always picks on people. Sometimes, he throws paper balls at other kids or tries to steal things from their backpacks. One day, he takes your lunch box from your backpack, opens the window of the bus, and throws it outside. It feels like the last straw, and you're so mad you feel like doing something mean to him!

You are moving away to another town where one of your parents got a new job. When you open your boxes to get your bedroom set up, you realize your art supplies were packed in the same box as all your photos of you and your old friends. The paint spilled and crayons melted all over the photos. It was hard enough to move away, and now your photos are all ruined! It feels like things couldn't get any worse!

What to Do:

Print on paper and cut apart, one for every Small Group.



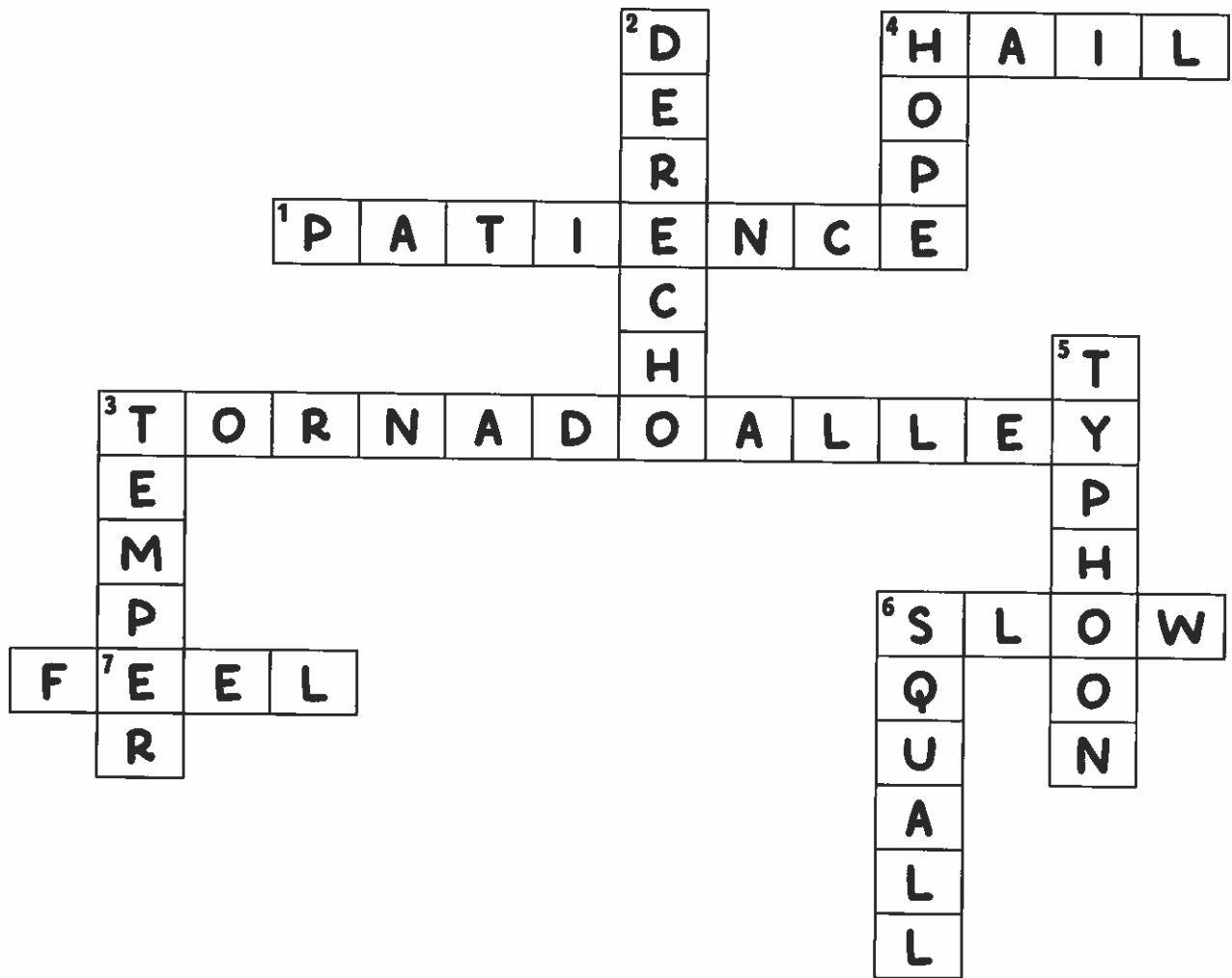
ACROSS

1. Look up Proverbs 16:32. _____ is a good alternative to anger.
3. The interior portion of the United States where tornadoes are most likely to form is referred to as _____.
4. Round chunks of ice that sometimes form during a regular thunderstorm are called _____.
6. Look up James 1:19. We should always be _____ to speak or be angry.
7. When you _____ angry, don't let that anger take charge.

DOWN

2. A _____ is a widespread, long-lived, straight-line windstorm that is associated with a land-based, fast-moving group of severe thunderstorms.
3. Look up Proverbs 15:18. A person with a _____ causes problems.
4. When your _____ is in the Lord, you will have strength. Psalm 31:24
5. Another name for a hurricane is a _____.
6. A sudden violent gust of wind or localized storm is called a _____.

What to Do:
 Print on paper, one for every two kids.



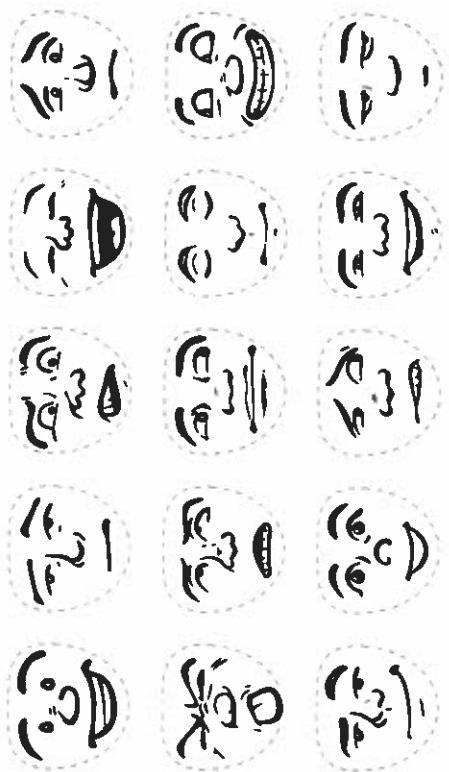
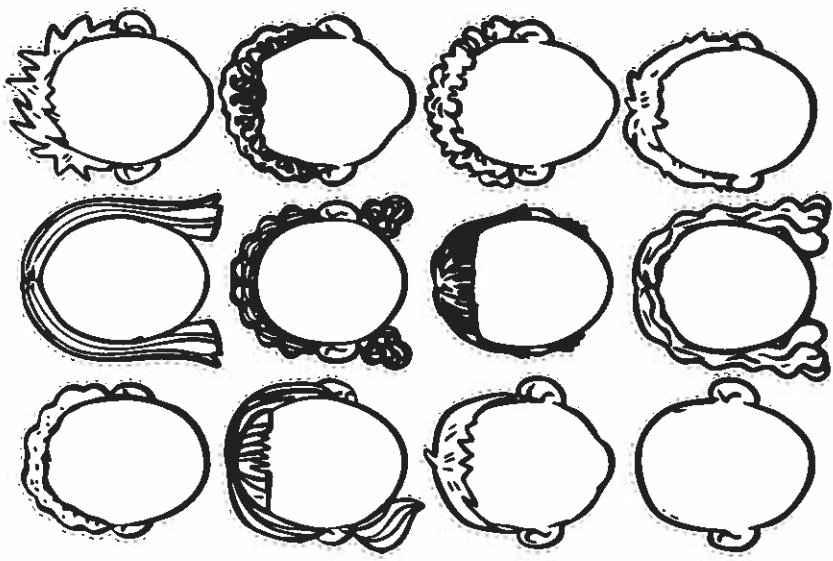
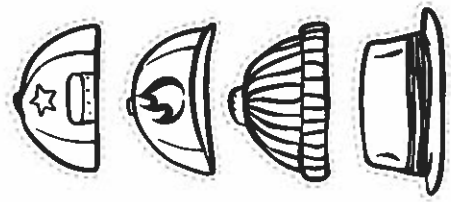
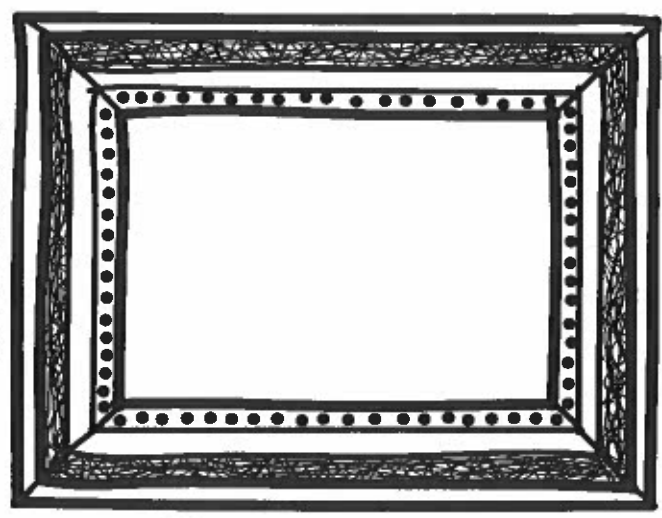
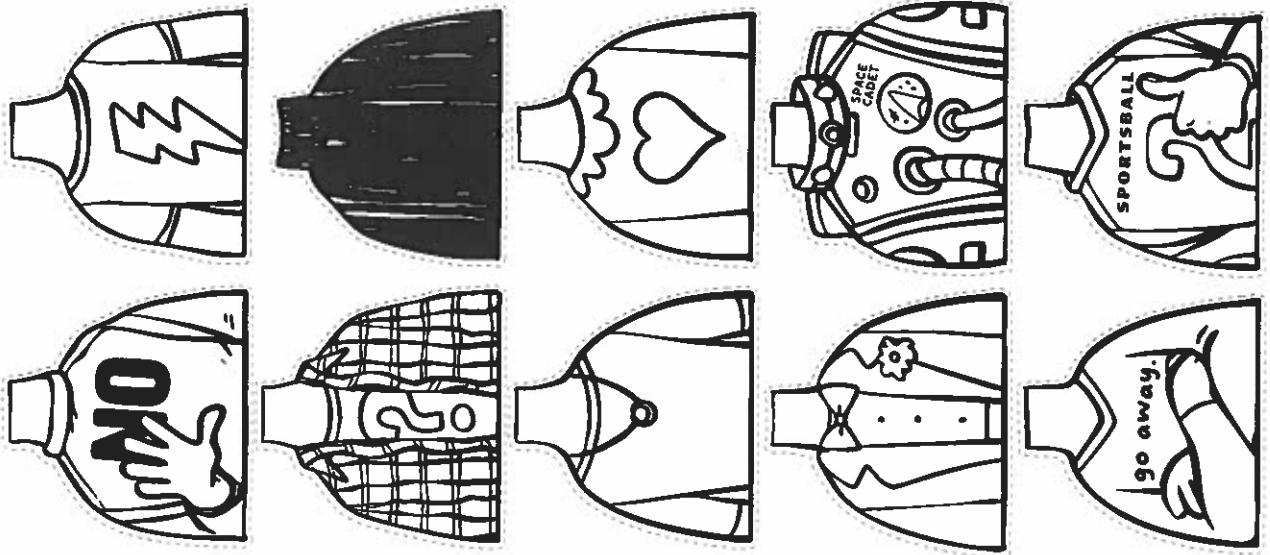
ACROSS

1. Look up Proverbs 16:32. PATIENCE is a good alternative to anger.
3. The interior portion of the United States where tornadoes are most likely to form is referred to as TORNADO ALLEY.
4. Round chunks of ice that sometimes form during a regular thunderstorm are called HAIL.
6. Look up James 1:19. We should always be SLOW to speak or be angry.
7. When you FEEL angry, don't let that anger take charge.

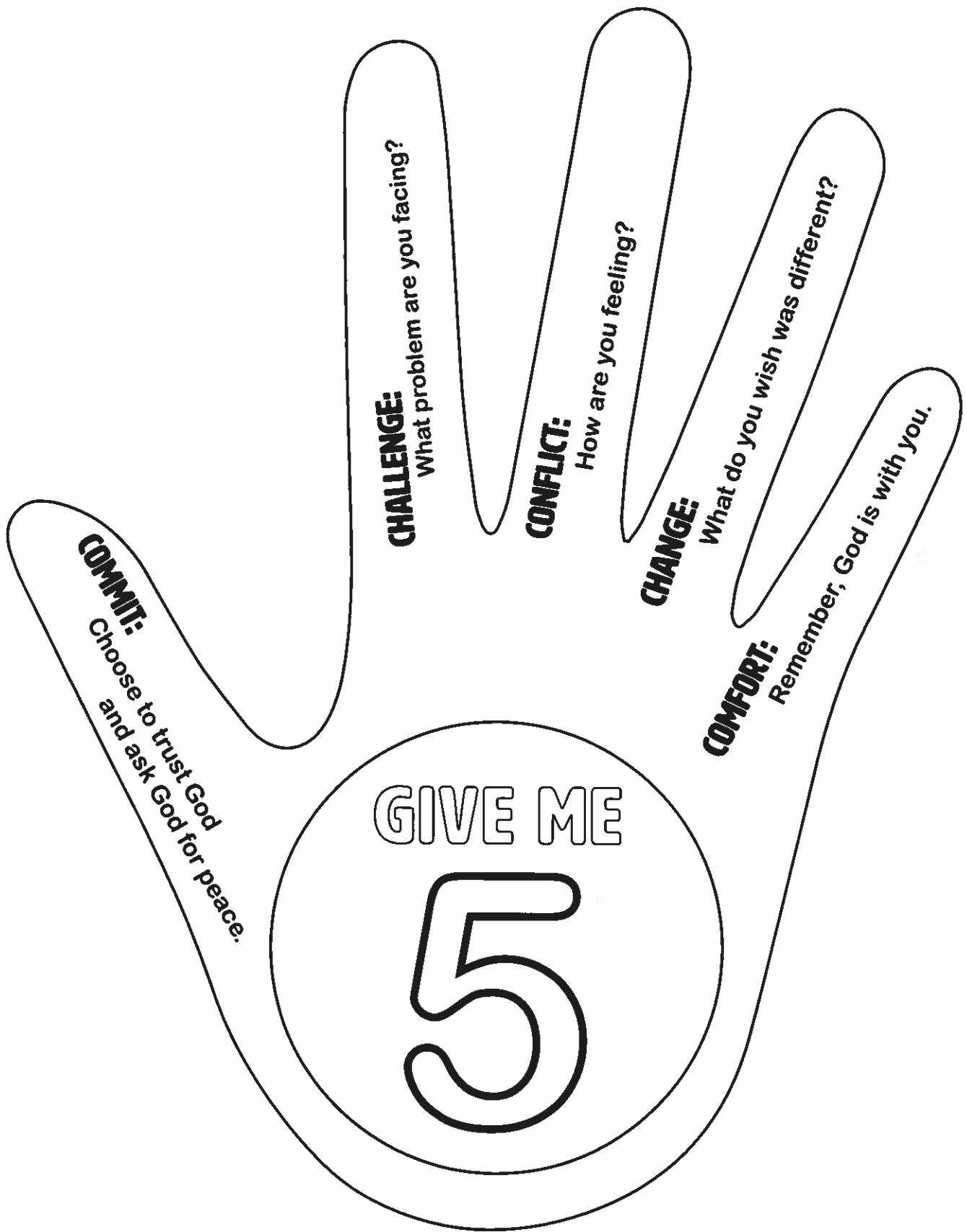
DOWN

2. A DERECHO is a widespread, long-lived, straight-line windstorm that is associated with a land-based, fast-moving group of severe thunderstorms.
3. Look up Proverbs 15:18. A person with a TEMPER causes problems.
4. When your HOPE is in the Lord, you will have strength. Psalm 31:24
5. Another name for a hurricane is a TYPHOON.
6. A sudden violent gust of wind or localized storm is called a SQUALL.

What to Do:
 Print on paper, one for each Small Group.



What to Do:
Print on paper, one for each kid.



What to Do:
Print on paper, one for each kid.

"Give Me Five Tool" Activity Page
January 2025, Week 3 Small Group 2-3
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