

Controlling Anger Object Lesson (Ephesians 4:26-27)

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Do you ever feel like the Incredible Hulk? Full of explosive anger and ready to blow up at any moment. It's hard to control anger by yourself, isn't it? If grown ups have a hard time controlling anger, how much more do children? Let's tackle that subject with this object lesson about controlling anger, God's way.

What You'll Need

- Blender
- Foods (some should be gross)
- Bowl
- Spoon

Prepare to Teach

Place all the foods, the blender, spoon and bowl in the teach area. If you like, you could wear an apron too. Plug in the blender but make sure kids can't get to it.

Let's Teach

Hey guys! Today I want to talk to you about controlling anger. Do you ever get so mad you could kick a wall? Or punch a pillow? Have you ever gotten so mad that your face felt hot and you can't think straight? If you have you might have a problem controlling your anger. The Bible tells us that we need to manage anger correctly or we can sin.

Ephesians 4:26-27 says, "BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity."

Proverbs 29:11 says, "A fool always loses his temper, But a wise man holds it back."

My favorite verse about losing your temper is James 1:19-20. "This you know, my beloved brethren But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God."

Don't think losing your temper is a problem? Let's take a look at this object lesson.

I want you to pretend that this blender is you. You are going throughout the day and more and more things are making you mad. Someone picks on you. (Add an ingredient to the blender.) Mom reminds you to make your bed. (Add another.) You have homework. (Add another.) Your

sister snuck into your room and read your journal. (Add another.) We can add things all day long. What else might make us mad? (Let kids make suggestions.)

Once all the food is added put the blender lid on and hit blend. Watch the foods make a nasty looking lump. Scoop some out and put it in a bowl.

Well it looks like anger got the better of our friend here. He really let it get out of control and look at the mess it's caused him. Nobody wants this do they?

God knows we get angry and it's okay to be angry, for a little while however, we can't allow anger control us. We control anger. The Holy Spirit will help us! Let's pray right now and ask for God's help controlling our anger.

Read more from Mimi by following her blog at [Tools for Kids Church](#).

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