

Konnect: Emotions

“What Do I Do when I’m Mad?”

July 12/2020

NOTE TO PARENTS

We are so excited that you have decided to lead your children spiritually today! We hope that this will be an amazing time for your family.

Today’s lesson has five different parts.

- 1) Opening Question
- 2) Bible Reading
- 3) Video Lesson (17mins)
- 4) Prayer and Reflection
- 5) Family Activity

Included in this lesson is also a **Bible Point** and **Bible Verse**. They are repeated numerous times in this lesson. Be encouraged to reinforce them in your time at home together this week.

Bible Point

“If I’m angry and want to fight, God can help me do what’s right.”

Bible Verse: Ephesians 4:26
“When you are angry, do not sin. Do not let the sun go down while you are still angry.”

Set-Up:

Encourage your family to come together somewhere you have access to the internet and a screen.

This is necessary to watch the bible video.

Then lead each part of the lesson.

Each part is numbered to help you stay organized.

① Opening Questions

Together as a family spend a few minutes discussing this question:

Q.1- “Name your top three favourite cookies.”

Q.2- “How would you feel if someone ate all of your favourite cookies before you had a chance to have one?”

Make sure everyone in your family has a chance to answer.



② BIBLE READING

Now is your opportunity to lead your family through some scripture reading. Encourage each child to go get their bible.

Give them 30 seconds to get their bible and get back to the couch.

*Parents- This is an amazing opportunity to learn how accessible their bibles are on a daily bases.

-Ready-Set-Go

Once everyone has returned have everyone look up the bible verse:
Ephesians 4:26

One at a time each member of your family will read a verse from their bible. Or, if children can't read parents can simply read it.

Read through the passage twice therefore, each person will read their verse twice.

After reading the bible verse:

Q3- "How is the Bible verse helpful?"

Once you've finished reading the verse and answering the question carry on to part 3!

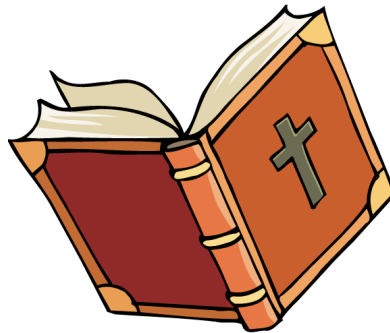
③ Video Lesson

Using the provided link play the Konnect HQ video.

You will have fun chatting about it after the video.

Encourage your children to do the bible verse motions when the Konnect crew leads them.

Once the video ends move on to Part 4.



⑤ Family Activity

Today's family activity is attached on an additional.

Check it out that chat through this question.

Q.7- "If you get mad this week, what can you do to cool down and say no to sin?"

④ Prayer and Reflection

*Parents- Pick someone in your family to facilitate this conversation. It could be an adult or older child.

Say: "As we saw in our video not everyone has the same choice in cookies or waffle toppings. But, everyone does get angry. Let's reflect on anger a little more.

Q.4- "What sins are you tempted to do when you're angry?"

Q.5- "What advice would you give someone who pretends they are not angry."

Q.6- "How does it make you feel if people hit, yell, ignore you, or fight because they're angry."

Time to Pray!

Parents! Let's lead a repeat after me prayer today. "Dear God/ Please help us to forgive others/calm down/ and say no to sin/ when we're angry./Thank you for your peace. Amen

