

## **Rock Solid # 4 - Elementary**

**Lesson in a Word:** Grow

### **What Should I See?**

Jacob had twelve sons, but he liked Joseph the most (not a very good thing for a dad to have a favorite son, by the way). Joseph was given a unique coat of many colors as a special gift from his dad. Joseph's brothers were very jealous of him. Joseph also had dreams of his brothers bowing down to him. This made the brothers even angrier at Joseph. One day, while Joseph went to see his brothers in the field, his brothers decided to get rid of him. First, they threw him into a big hole called a pit. Then, they took him out and sold him as a slave to some traders. The brothers also took Joseph's coat, dipped it in goat's blood, and showed it to their father. The brothers wanted their dad to think that Joseph had been attacked by a wild animal. (Source: Genesis 37)

### **Memory Verse:**

*Because anger will not help you live the right kind of life God wants.* James 1:20  
NCV

### **What's The Key?**

The brothers' anger caused them to hurt Joseph and lie to their dad. When we get angry, we can do a lot of things that God doesn't want us to do. If these actions aren't pleasing to God, they certainly won't make us happy or able to live a good life. We need to grow up and learn self-control so our anger doesn't get the best of us.

### **What's That To Me?**

Sometimes when we get mad we not only hurt God, but we can hurt ourselves and others as well. God can help us grow up by teaching us to show love to others instead of showing anger.

### **How Should I Be?**

When we feel angry, we need to pray and ask God to help us say and do the right things. We can also pray for the person who makes us angry. By asking God for help, it will encourage us to focus on God rather than our anger.

### **Practice Point:**

Don't let anger take a hold,  
It's time to practice self-control!

Grow Up!  
Day 1: The Worst Day EVER!

**Read It**

This morning I woke up with a *terrible* headache. I groaned and rolled over on my dog, who growled at me because I had woken him. I stumbled out of bed, stepping on the smelly leftover pizza. After surviving the icy cold shower (yes, my little brother had used all of the hot water already), and throwing on some wrinkled clothes, I stumbled out to breakfast. I was super late, so my mom made me take a banana to eat in the car. I hate bananas! As we were driving, we heard a “POP!” You guessed it – we got a flat tire! After we waited for 47 minutes (yes, I was counting) for my mom to change the tire, I finally got to school. I was late and very upset. There was a guest speaker that day who talked about how our anger sometimes blinds us to people in need around us. He told us about his morning—how he had been so mad at his boss at work that he passed by a mother changing her own tire on the road with her three kids in the back seat. He was so ashamed that he hadn’t stopped to help! As I listened to his story, I felt so small. It had been our car he had passed. I had been so caught up in *my* own anger that I hadn’t helped that lady either—my mom. I never want to let my anger blind me like that again.

**Say It**

*Anger will not help you live a good life as God wants.*  
James 1:20 NCV

**Ask It**

Lord, sometimes I get so mad about the things that happen to me that I forget other people are having bad days too. Please help me control my anger and bring it to You so the next time I can focus on helping others, instead of thinking only about myself.

**Obey It**

Think about a time when you were so mad that you could only focus on yourself. Now think about someone else who was there. Could you have hurt them in any way? Apologize to them or write them a note explaining how sorry you are. Even if the situation was a long time ago, the person will really appreciate your apology.

## Grow Up!

### Day 2: The O'Malley Family

#### **Read It**

Anger comes in many different forms. Take the O'Malley's for example. The father, Ben, is extremely expressive. Sometimes when he gets mad, he shouts a little too loud and puts people down with his words. His wife Margaret is just the opposite. She is quiet and reserved. So quiet that her family won't know she's angry about something for days and days. One day it will just come out and her family will be shocked at the tone of her voice and the hurt she carries in it. They have a little girl, Lily, who's only five. When she doesn't get her way, she throws herself on the ground and throws a tantrum – kicking, screaming, and causing extreme embarrassment to her parents. Ben, Margaret, and Lily all deal with their anger differently. Whether you yell at people or bottle your emotions inside, God wants to teach you healthier ways to deal with the frustration you feel. God wants you to live a “good life” as the verse below says. He wants you to express your feelings in a way that honors Him by being loving, honest, and sharing your emotions with patience. He wants to help the O'Malley's relate to each other in a healthier way. He wants to help you too.

#### **Say It**

*Anger will not help you live a good life as God wants.*

James 1:20 NCV

#### **Ask It**

God, I really do want the “good life” that the Bible talks about. Please help me to deal with my anger in a way that honors You. Thank You for Your promise to help us when we ask!

#### **Obey It**

What about your family? Are any of you like the O'Malley's? Do you relate to Ben, Margaret, or Lily? Spend some time writing in your journal about what happens when you get angry. Come up with three constructive things you can do to help you deal with your anger in a better way.

## Grow Up!

### Day 3: The Quinceañera

#### **Read It**

My friend Juanita just had a “Quinceañera.” Don’t worry – I didn’t know what that was either until I went to one. It’s this really cool Mexican tradition. You see, when a girl turns fifteen her family throws a HUGE party for her. She gets to wear a pretty white dress and go to church like a wedding. They have a big party, eat and dance and have fun together. It is so much fun! However, the greatest part of the night is the presentation of the gifts. On Juanita’s special night, she got a tiara which symbolized that she was a “princess before God.” Then she got a Bible, which reminded her how important it was to know God and His Word. Finally, she opened a small box with beautiful diamond earrings inside! Her father explained that these would remind her to always listen to God’s Word. Now, every time Juanita looks at herself in the mirror and sees her sparkling earrings, she is reminded to listen to God’s Word and do what it says. That helps her grow up more than any party ever could!

#### **Say It**

*Anger will not help you live a good life as God wants.*  
James 1:20 NCV

#### **Ask It**

Jesus, I may not have diamond earrings, but I do know that You want me to grow up by listening to Your Word. Help me to read it today and do what it says! Thank You for the amazing gift of Your Word!

#### **Obey It**

Ephesians 4:15 says, “God wants us to grow up, to know the whole truth and tell it in love--like Christ in everything. We take our lead from Christ, who is the source of everything we do.” We can only “grow up” and know the whole truth if we get to know Christ and His Word. Keep your Bible out and try to read a chapter in the book of Mark every day this week.

## Grow Up!

### Day 4: The Unexpected Home Run

#### **Read It**

Heath was doing really well in school. In fact, he was the teacher's favorite. One day his teacher called him to the front of the class to read his creative writing paper aloud because she liked it so much. The whole class cheered when Heath was finished reading his story and Heath felt like he was the most important person in the world. Then he saw Robbie. Robbie was the only boy who wasn't cheering. Instead, he was tying his shoe. The nerve! How could Robbie tie his shoe instead of applauding for Him? Heath was furious! They went to recess where the boys decided they were going to play kick ball. Heath got to pick his own team and was determined that Robbie would not be on his team because he was still fuming with anger. They were still playing the game right before the bell rang. The score was tied—3 to 3, and Robbie was up. Heath laughed. They would never score with someone like Robbie up to kick. But Robbie kicked the ball so hard it went over the fence! Robbie got a home run and all the kids were cheering for him! Heath knew then that if hadn't let his anger control his actions, he would have been on the winning team.

#### **Say It**

*Anger will not help you live a good life as God wants.*

James 1:20 NCV

#### **Ask It**

God, I have learned that I can't make good decisions based on my anger. I pray that You will help me go to You when I am angry and not allow my anger to control me. I only want You in charge of my life!

#### **Obey It**

God wants us to obey Him for a reason. He tells us not to be angry because He wants us to have a "good life." Today, when you reach down to tie your shoe, let that remind you to not get angry, but be patient when people do things you don't understand.

Grow Up!  
Day 5: My Favorite Day

**Read It**

It was my wedding day, and the guitar player wasn't there yet!!! He was the *only* musician we had hired. What would I walk down the aisle to? Who would lead the songs we had picked out? What would we *do*? Instead of getting angry, I decided I wouldn't let it bother me. I said a quick prayer that God would help me to trust Him. We arrived at the church, took pictures, and finally, I got ready to walk down the aisle. The big moment had arrived. Wouldn't you know, right then he came running in with his bright blue coat and hot pink tie. He made it! I walked down the aisle to my favorite song, the song that only he could play. It was beautiful, and God helped me to enjoy the whole day because I trusted Him.

**Say It**

*Anger will not help you live a good life as God wants.*  
James 1:20 NCV

**Ask It**

Jesus, I know that my day will go better when I trust You instead of getting angry. Help me to do what Proverbs 3:5-6 tells me to do: "Trust the Lord with all your heart and don't depend on your own understanding. Remember the LORD in all you do and He will give you success." I choose to trust You today.

**Obey It**

Trusting God always makes our day better. Decide today that you will trust Him **NO MATTER WHAT HAPPENS**. Tonight write in your journal about how your attitude and day were changed by trusting Him.

## **TALK TO US! WE WANT TO HEAR FROM YOU!**

(We will remove and keep this form. No one will see this except for your Kids Rock teacher. **You must turn this in to receive all points for turning in your packet.** Answers may be as short as one sentence, but please write SOMETHING and be honest! You do not have to have a prayer request, comment, and question. Circle at least one each week though; even if you just circle 'comment' and write, 'I liked Tuesdays activity.' *Parents of preschoolers and kindergarteners:* You can help your child write their answers and / or give us your thoughts.)

**Name (First and Last):** \_\_\_\_\_

How has God spoken to you this week?

How have you responded to what He has said?

**I HAVE A...**  
**(circle all that apply)**

Prayer Request

Comment

Question

Please write your prayer requests, questions and/or comments on the back.

**Thanks for coming to Kids Rock this week!**  
**We had a great time. We hope you did too.**  
**We will see you next time!**