

Psalms Lesson Series

Suggested Lesson Plan

A Lesson on Anger



Lesson Aims:

1. **Content:** Students will examine the topic of anger in the book of Psalms.
2. **Affective:** Students will internalize the emotion of anger by writing their own topical psalm.
3. **Behavioural:** Students will keep a personal journal documenting their emotional responses.

1. Getting Their Attention (15 minutes)

Option 1: What You'll Need:

- Getting Their Attention game cards and headers
- scissors
- tape

Option 2: What You'll Need:

- video footage of people describing situations or circumstances that make them angry and how they respond to those situations

Main Point: Everyone responds differently to various situations. Some people might experience anger while others experience frustration. Today's lesson will focus on the emotion of anger.

Discussion Questions

1. In the past, what sort of situations or circumstances made you angry? (Allow response.)
2. When you are angry, how do you usually react? (Allow response.)

2. The Bible Stuff (15 minutes)

What You'll Need: Bibles (1 per Group), The Bible Stuff Activity Pages and Headers, The Bible Stuff Question Cards (1 Set per Group), Scissors, Tape, and Markers (1 per Group)

Main Point: The Book of Psalms is full of songs and poems describing various emotions and reactions to life's challenges. This book also shows God's involvement in the authors' lives during such challenges. Some psalms have an angry tone to them. Experiencing the emotion of anger is not a sinful act, because God created humans to be emotional beings. Anger, however, can easily lead to sinful thoughts, words, and reactions, which is why managing anger takes self-control.

Discussion Questions: Part 1

1. Do you think anger is a sin? Why? (Allow response.)
2. Consider the words of Psalm 4:4 again: "In your anger, do not sin." What do you think this sentence means? (Allow response.)
3. Remind the students that God created humans to be emotional beings. Explain to the students that experiencing anger is not a sin in and of itself, because anger is an emotion. Draw to the students' attention that anger can lead to sinful actions. Then pose the question: "What sorts of sinful thoughts, actions, or behaviour can come from experiencing anger?" (Allow response.)
4. What do you think this verse means when it says, "When you are in bed, look deep down inside you and be silent." (Allow response.)
5. Ask the students whether or not they take time to examine their feelings and whether their reactions to anger were sinful.

Psalms Lesson Series

Suggested Lesson Plan

A Lesson on Anger



2. The Bible Stuff (15 minutes) - Continued

Discussion Questions: Part 2

1. What are some of the common reactions to anger found in each of the psalms? (Allow response.)
2. Are there any sinful reactions that were left out? (Allow response.)
3. What are some of the responses to God or sinful reactions that you don't agree with? Why? (Allow response.)
4. How do you relate to some of the reactions that the author of these psalms had to their anger? (Allow response.)

3. It's All About Me (15 minutes)

What You'll Need:

- copies of the It's All About Me activity pages (one per student)
- writing utensils for each student

Main Point to Get Across: A psalm is a sacred song or hymn. Many of the psalms in the biblical book of Psalms are full of emotion. Many songs today are written about emotions or during an emotional time. Sometimes, one of the best ways to deal with certain emotions, such as anger, is to write down your thoughts and feelings rather than reacting to them.

4. Prayer Cards (10 minutes)

What You'll Need:

- copies of the blank prayer cards
- bucket or basket
- writing utensils

Main Point: Praying for one another's needs can help people get through emotionally challenging times in their lives. The next time you are feeling very angry, ask a close friend or family member to pray for you.

5. Taking it to Heart (5 Minutes)

What You'll Need:

- copies of the Taking it To Heart Journal Page (one to two per student)

Main Point to Get Across: Knowing how to appropriately deal with the emotional challenges will be a life-long lesson. One of the best ways to recognize how you typically deal with certain emotions is to write down your feelings when you are in the middle of an emotional experience, that way you can look back a day or two later and truly consider whether your response to that emotional situation was good or bad.

Psalm Lesson Series

A Lesson on Anger

Lesson Aims:

1. **Content:** Students will examine the topic of anger in the Book of Psalms
2. **Affective:** Students will internalize the emotion of anger by writing their own topical Psalm
3. **Behavioural:** Students will keep a personal journal documenting their emotional responses

Getting Their Attention: Option 1 (15 minutes)

Who Will Be Most Engaged:

Visual Learners, Auditory Learners, Tactual Learners and Kinesthetic Learners

What You'll Need:

- Getting Their Attention game cards and headers
- scissors
- tape

How to Prep: Cut out the Game Cards and Headers. Tape the Headers to four different walls or areas in the room. Ensure there is enough space under each header for a group of students to stand.

Main Point to Get Across:

Everyone responds differently to various situations. Some people might experience anger while others experience frustration. Today's lesson will focus on the emotion of anger.

What You'll Need to Say and Do:

Have the students stand in the middle of the room in one large group. Have a leader read out a scenario on one of the game cards. Explain to the students that they must then go and stand under the header that best describes the emotional response they would likely have if they experienced that particular situation. Remind the students that there is no right or wrong answer, and that everyone may have a different response to each scenario.

Once you have completed all of the scenarios on the game cards, start a discussion using the questions provided. Conclude with the main point. (See **Main Point to Get Across.**)

Psalm Lesson Series

A Lesson on Anger

Getting Their Attention: Option 2 (15 minutes)

Who Will Be Most Engaged:

Visual Learners, Auditory Learners, Tactual Learners and Kinesthetic Learners

What You'll Need:

- video footage of people describing situations or circumstances that make them angry and how they respond to those situations

How to Prep: No preparation required!

Main Point to Get Across:

Everyone responds differently to various situations. Some people might experience anger while other experience frustration. Today's lesson will focus on the emotion of anger.

What You'll Need to Say and Do:

Have the students watch the video footage. Once the video has concluded, start a discussion using the questions provided.

Conclude with the main point. (See **Main Point to Get Across**)

Discussion Questions (For Option 1 & 2)

1. In the past, what sort of situations or circumstances made you angry? (Allow response.)
2. When you are angry, how do you usually react? (Allow response.)

Psalm Lesson Series

A Lesson on Anger

The Bible Stuff (15 minutes): Possible Multi-Leader or Small Group Activity

Who Will Be Most Engaged:

Visual Learners, Auditory Learners, Tactual Learners and Kinesthetic Learners

What You'll Need:

- Bibles (one per Group)
- The Bible Stuff activity pages and headers
- The Bible Stuff question cards (one set per group)
- scissors
- tape
- markers (1 per group)

How To Prep:

Copy and cut enough of The Bible Stuff question cards so there is one set per group. Cut out and tape The Bible Stuff headers to an empty space on the wall, ensuring that you leave enough room underneath each header for students to post their responses to The Bible Stuff question cards.

Main Point to Get Across:

The Book of Psalms is full of songs and poems describing various emotions and reactions to life's challenges. This book also shows God's involvement in the authors' lives during such challenges.

Some psalms have an angry tone to them. Experiencing the emotion of anger is not a sinful act, because God created humans to be emotional beings. Anger, however, can easily lead to sinful thoughts, words, and reactions, which is why managing anger takes self-control.

What You'll Need to Say and Do:

Begin by explaining to the students that the lesson will focus on anger and other emotions that anger causes. Remind the students that the Bible speaks about anger. Have a student look up and read aloud the following verse:

Psalm 4:4 (NirV)

"When you are angry, do not sin. When you are in bed, look deep down inside you and be silent."

Psalm Lesson Series

A Lesson on Anger

The Bible Stuff (15 minutes) - Continued

Then begin a group discussion using the following questions.

Discussion Questions

1. Do you think anger is a sin? Why? (Allow response.)
2. Consider the words of Psalm 4:4 again: "In your anger, do not sin." What do you think this sentence means? (Allow response.)
3. Remind the students that God created humans to be emotional beings. Explain to the students that experiencing anger is not a sin in and of itself, because anger is an emotion. Draw to the students' attention that anger can lead to sinful actions. Then pose the question: "What sorts of sinful thoughts, actions, or behaviour can come from experiencing anger?" (Allow response.)
4. What do you think this verse means when it says, "When you are in bed, look deep down inside you and be silent." (Allow response.)
5. Ask the students whether or not they take time to examine their feelings and whether their reactions to anger were sinful.

Next, split the students into four groups, and assign each group tape, one Bible, some markers, a set of question cards, and an activity page. Give the students 5–10 minutes to complete the exercises on the activity pages using the question cards provided. Once the groups have completed their question cards, have the kids tape their responses to the wall under the appropriate headers.

Bring the groups back together for a discussion using the following questions:

Discussion Questions

1. What are some of the common reactions to anger found in each of the Psalms? (Allow Response)
2. Are there any sinful reactions that were left out? (Allow Response)
3. What are some of the responses to God or sinful reactions that you don't agree with? Why? (Allow Response)
4. How do you relate with some of the reactions and responses that the author of these Psalms had to their anger? (Allow Response)

Psalm Lesson Series

A Lesson on Anger

It's All About Me (15 minutes)

Who Will Be Most Engaged:

Visual Learners, Auditory Learners, Tactual Learners and Kinesthetic Learners

What You'll Need:

- copies of the It's All About Me activity pages (one per student)
- writing utensils for each student

How To Prep: No preparation required!

Main Point to Get Across:

A psalm is a sacred song or hymn. Many of the psalms in the biblical book of Psalms are full of emotion. Many songs today are written about emotions or during an emotional time. Sometimes, one of the best ways to deal with certain emotions, such as anger, is to write down your thoughts and feelings rather than reacting to them.

What You'll Need to Say and Do:

Hand each student an activity page and a pencil. Then share the main point. (See **Main Point to Get Across.**)

Next, explain to the students that they are going to have 10–15 minutes to create a poem or a song about a time when they were angry. Encourage the students to think like authors of the Psalms who were very honest about how they were feeling, how they questioned God during challenging times, and how they reacted.

Allow the students to work in pairs or small groups if they so desire. As the students create their “psalms,” have the leaders roam the room to ensure groups remained focused on the task.

Once time devoted to this particular activity has run out or once the students have lost interest in the activity, bring the students back into a large group. Ask students to share their “psalm” with the rest of the group if students are comfortable doing so.

Psalm Lesson Series

A Lesson on Anger

Taking it to Heart (5 Minutes)

Who Will Be Most Engaged:

Visual Learners, Auditory Learners, Tactual Learners and Kinesthetic Learners

What You'll Need:

- copies of the Taking it To Heart Journal Page (one to two per student)

How To Prep: No preparation required!

Main Point to Get Across:

Knowing how to appropriately deal with the emotional challenges will be a life-long lesson. One of the best ways to recognize how you typically deal with certain emotions is to write down your feelings when you are in the middle of an emotional experience, that way you can look back a day or two later and truly consider whether your response to that emotional situation was good or bad.

What You'll Need to Say and Do:

Hand one–two Prayer Journal Pages to each student. Begin by sharing the main point with the students. (See **Main Point to Get Across.**) Then explain to the students that over the next few weeks they will be challenged to write down what emotions they experienced such as anger, joy, frustration, happiness, love, gratitude, worry, embarrassment, fear, hope, grief, wonder, etc. using the Journal Pages you provide for them.

Explain that after students have briefly described an emotion they experienced, they will also need to write down their response to both God and others during that situation, no matter if the response was good or bad.

Challenge the students to create a binder or folder in which to keep their Journal Pages, and encourage them to bring their journals with them to BeTweeN each time you meet. During each lesson, students will receive new Journal Pages to help them participate in this reflective activity.

Psalm Lesson Series

A Lesson on Anger

Prayer Cards (10 minutes)

Who Will Be Most Engaged:

Visual Learners, Auditory Learners, Tactual Learners and Kinesthetic Learners

What You'll Need:

- copies of the blank prayer cards
- bucket or basket
- writing utensils

How To Prep: Cut out the blank prayer cards so you have at least one per student

Main Point to Get Across:

Praying for one another's needs can help people get through emotionally challenging times in their lives. The next time you are feeling very angry, ask a close friend or family member to pray for you.

What You'll Need to Say and Do:

Hand each student one Prayer Card and a writing utensil. Begin by sharing the main point. (See **Main Point to Get Across**.) Have each student write down a prayer request, and then instruct the students to place their prayer card(s) in the bucket or basket.

Next, have students take turns returning to the bucket or basket and taking one of the Prayer Cards back to their seat with them, ensuring that if they get their own Prayer Card they replace it with another.

Have students find a quiet place in the room where they can sit alone and not be easily disturbed by others. Explain to the students that they are to pray for the prayer request on the Prayer Card they chose. Once they are finished, they can return the Prayer Card to the basket or bucket and sit quietly until others are finished praying too.

-----
ANGER

-----
SADNESS

-----
FRUSTRATION

-----
HURT

Psalms Lesson Series

Getting Their Attention

A Lesson on Anger Game Cards



Scenario 1:

Someone punches you
in the face.

Scenario 2:

Your watch is stolen
at school.

Scenario 3:

Your best friend is in
a tragic car accident.

Scenario 4:

You get a bad hair
cut.

Scenario 5:

You lose \$100.00.

Scenario 6:

Your parents forget
your birthday.

Scenario 7:

Your pet dies.

Scenario 8:

You fail your Math
test.

Scenario 9:

Your house is
broken into.

Psalm Lesson Series

The Bible Stuff

A Lesson on Anger Activity Page



Group 1

In a Bible, look up and read aloud **Psalm 10** to your group. Then together answer the questions on the Question Cards with which you were provided.



Group 2

In a Bible, look up and read aloud **Psalm 94** to your group. Then together answer the questions on the Question Cards with which you were provided.



Group 3

In a Bible, look up and read aloud **Psalm 59** to your group. Then together answer the questions on the Question Cards with which you were provided.



Group 4

In a Bible, look up and read aloud **Psalm 79** to your group. Then together answer the questions on the Question Cards with which you were provided.





Reasons for Anger

Why is the author of this Psalm angry? List all of the reasons below in point form. Use a blank card if you need more space.



Reasons for Anger

Blank Card



Reactions to Anger

How did the author of this Psalm react to his feelings of anger? List all of the words, actions and behaviours that come to mind below in point form. Use a blank card if you need more space.



Reactions to Anger

Blank Card



Sinful Reactions to Anger

Look at some of the answers you wrote down on the “Reactions to Anger” Question Card. Write down any of the sinful reactions the author of the Psalm had to his anger. Use a blank card if you need more space.



Sinful Reactions to Anger

Blank Card

Response to God

How did the author of the Psalm response to God in his anger? Write down your answers in point form below. Use a blank card if you need more space.

Response to God

Blank Card

-----
Reasons for Anger

-----
Reactions to Anger

-----
**Sinful Reactions to
Anger**

-----
Response to God

Psalm Lesson Series

It's All About Me

A Lesson on Anger Activity Page



Personal Psalm

Using the template below, try and write your own psalm - similar to a poem or song - about anger. You can work by yourself, with someone else, or even in a small group of three to four people.

I was angry because

In my anger I acted like

I know, however, that even when I'm angry God wants me to

When I'm angry God still _____.

**I will always _____ Him and _____ Him even
when I'm angry.**

Psalm Lesson Series
Blank Prayer Cards
A Lesson on Anger



Prayer Cards

Your Name: _____

Date: _____

Prayer Request or Need:

How God Answered My Prayer:

Date: _____

Prayer Cards

Your Name: _____

Date: _____

Prayer Request or Need:

How God Answered My Prayer:

Date: _____

Prayer Cards

Your Name: _____

Date: _____

Prayer Request or Need:

How God Answered My Prayer:

Date: _____

Prayer Cards

Your Name: _____

Date: _____

Prayer Request or Need:

How God Answered My Prayer:

Date: _____

Psalm Lesson Series
Taking it to Heart
A Lesson on Anger Journal Page



My Journal

Date: _____
My Emotion: _____

My Response to Others & God: _____

Date: _____
My Emotion: _____

My Response to Others & God: _____

Date: _____
My Emotion: _____

My Response to Others & God: _____

Date: _____
My Emotion: _____

My Response to Others & God: _____

Date: _____
My Emotion: _____

My Response to Others & God: _____

Name: _____