

SUPERNOVAS

Sooo Mad! Sunday 24th May 2020

This is the first session of our new series all about handling emotions. We hope that your children will find this helpful during this time when we are all experiencing a range of heightened emotions.

Aim of the Session	<i>The aim of this session is to see that after we have been angry we need to make up.</i>
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Teaching

Begin by showing the clip from Angelina Ballerina
<https://www.youtube.com/watch?v=NKhQXEdQNaw>

Summary of clip: Angelina and her friends are making a film for a competition. Angelina wants everything to go her way, and loses her temper with the others because they keep doing things wrong!

Clip start time: 5:51

Clip end time: 9:18 "You'll be sorry when I win the competition"

Play the clip and then discuss these questions:

- Why did Angelina get so upset with William and Alice?
- Do you think it was right of Angelina to try to run everything the way she wanted?
- How else could she have treated Alice and William?
- Why did Alice and William get angry with Angelina?

Say that when Jesus was alive a lot of the Pharisees got angry with him because he didn't do things the way they wanted – he did things the way God wanted.

Read the story of the crippled woman from the Bible. Below is a version copied from the Easy-To-Read version, but you may prefer to look the passage up in your own Bible.

Jesus Heals a Woman on the Sabbath

10 Jesus taught in one of the synagogues on the Sabbath day. 11 A woman was there who had an evil spirit inside her. It had made the woman crippled for 18 years. Her back was always bent; she could not stand up straight. 12 When Jesus saw her, he called to her, "Woman, you have been made free from your sickness!" 13 He laid his hands on her, and immediately she was able to stand up straight. She began praising God.

14 The synagogue leader was angry because Jesus healed on the Sabbath day. He said to the people, "There are six days for work. So come to be healed on one of those days. Don't come for healing on the Sabbath day."

15 The Lord answered, "You people are hypocrites! All of you untie your work animals and lead them to drink water every day—even on the Sabbath day. 16 This woman that I healed is a true descendant of Abraham.^[a] But Satan has held her for 18 years. Surely it is not wrong for her to be made free from her sickness on a Sabbath day!" 17 When Jesus said this, all those who were criticizing him felt ashamed of themselves. And all the people were happy for the wonderful things he was doing.

Ask the children why the leaders were angry with Jesus? Why were they wrong to get angry?

Say that, like Angelina, the leaders wanted to control everything and they had made up lots of rules for people to follow. They were angry with Jesus because he had healed the woman on the Sabbath, which was the day of rest.

But Jesus knew that it was more important for the woman to be healed than it was to please the leaders. Say that sometimes we get angry because people aren't doing what we want- can the children think of any examples when this has happened to them?

Ask the children why it is wrong to get angry just because people aren't doing what we want them to?

What "more important things" might people be doing?

How can we stop getting angry then?

What can we do when we feel angry because we haven't got our own way?

Who can help us change the way we feel?

The Point: To see that sometimes we get angry because we haven't got our own way and to realise that this is wrong.

Game - Most Important?

If you are able to, print off the cards on the next page. If you don't have a printer you could write some of these onto paper. Cut them up. You will need a set for each pair of you playing the game. The cards have things that we spend our time doing. Deal out the cards so that each partner has half each.

Each player should put a card on the table. Decide which card shows the most important thing to do with our time. The player who put down the card showing the most important thing gets to keep both cards. The pair should play until one of them has all the cards - or if that takes too long, stop after a few minutes, and count up the cards. The player with most cards wins!

Remind the children that the Pharisees got angry with Jesus because Jesus wasn't doing what they wanted - Jesus was doing something more important. When we feel angry because someone isn't doing what we want we should **stop and think** about what is most important for the other person to do with their time. If we realise that the other person is doing something important we may stop feeling so upset and angry.

The Point: To remember that other people sometimes have to do important things, and that we shouldn't get angry if that means they can't do what we want!

WHAT'S MOST IMPORTANT? Washing up	WHAT'S MOST IMPORTANT? Helping mum	WHAT'S MOST IMPORTANT? Playing with toys
WHAT'S MOST IMPORTANT? Eating dinner	WHAT'S MOST IMPORTANT? Reading	WHAT'S MOST IMPORTANT? Tidying up
WHAT'S MOST IMPORTANT? Cleaning out the hamster	WHAT'S MOST IMPORTANT? Going to church	WHAT'S MOST IMPORTANT? Comforting a friend
WHAT'S MOST IMPORTANT? Watching TV	WHAT'S MOST IMPORTANT? Sleeping	WHAT'S MOST IMPORTANT? Listening to a friend
WHAT'S MOST IMPORTANT? Going for a bike ride	WHAT'S MOST IMPORTANT? Spending pocket money	WHAT'S MOST IMPORTANT? Food shopping
WHAT'S MOST IMPORTANT? Doing homework	WHAT'S MOST IMPORTANT? Reading the Bible	WHAT'S MOST IMPORTANT? Praying

Pray

For this you'll need some music with different moods in it – or two pieces, one angry and one gentle. (For instance “In the Hall of the Mountain King” and “Morning” from Peer Gynt by Edvard Grieg)

Play the angry music. As you play it, ask the children to march around the room. As they march they should think of the things that make them angry.

Then change the music and play the soft music. Ask the children to sit down and talk to God about the things that make them angry. They should ask him to help them to control their angry feelings and take them away. They should remember that God loves them and wants to help them to live in a way that pleases him.

The Point: To talk to God about our anger