



Theme: Cain and Abel

Aim – in today's session we look at anger and the story of Cain and Abel.

But you, Lord, are a compassionate and gracious God,  
slow to anger, abounding in love and faithfulness.  
Psalm 86:15

**START:** Today we'll be looking at a story in the bible with two brothers where one brother got so angry he did something you wouldn't imagine was possible.

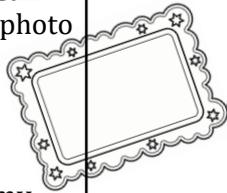
*Younger children:*

Can you make a really angry face? Can the other people in your house make an angry face too? Can you do it without laughing? Have a look at your angry face in a mirror or get someone to take a photo of it so you can see what you look like!

*Older children:*

**GAME:**

Take it in turns to say something that makes you feel angry – "I feel angry when someone takes my things without asking!" Anyone who also feels angry about this thing should shout, "Me too!"



**THINK:** When did you last feel really angry? Why were you angry? Who were you angry at? How did it make you feel?

We get angry for lots of different reasons. Being angry is a really normal emotion but it can get out of control.



**WATCH**

*Older children:*

Watch Homer Simpson making a BBQ.

<https://www.youtube.com/watch?v=A4FjJ9tH5HY>

- Why did Homer feel angry?
- When he felt angry, did it help him to work better, or did it make matters worse?
- How else could Homer have reacted – what would have worked better for him?
- When you are in stressful situations, how do you react?
- How does anger make things worse for you – what happens next?
- Can you think of any ways to help you calm down when you're angry?

*Younger children:*

Watch Angelina ballerina getting angry when her play doesn't turn out the way she hoped. Start the clip at 8.13 mins and finish at 9.56 (or watch the whole thing!)

<https://www.youtube.com/watch?v=NKhQXEdQNaw>

- 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?
- Have you ever felt angry when things haven't gone your way?



**INVESTIGATE:** We're going to hear about a terrible thing that happened to two brothers in the bible when one of them felt angry.

*Older children:*

Grab a bible, find Genesis 4:2-10.

- Why do you think Cain was angry?
- What did he do?

Then read John 2:13-16

- Why do you think Jesus was angry?
- What did he do?
- Do you think there's a difference between Jesus' anger and Cain's anger?

*Younger children:*

**WATCH:**

(it's a bit cheesy, sorry)

<https://m.youtube.com/watch?v=FPMYeqRQEZM&feature=youtu.be>



**DIG IN:**

*Older children:*

The story of Cain and Abel show us how people sometimes do terrible things when they are angry. I'm sure we can think of a time when we've felt angry and we've done something we wish we could take back. But anger is also a normal thing for us to feel. We can see that Jesus got angry. It's ok to get angry about some things, and in some ways.

- Can you think of anything it's okay to feel angry about?
- Do you think this might be something that Jesus would be angry about too?

One thing that it is okay to feel angry about is racism and this has been in the news a lot over the past few weeks. This video from blue peter gives us some ideas for positive things that we can do with any anger we might be feeling about this.

**WATCH:**

<https://www.bbc.co.uk/cbbc/watch/bp-advice-for-helping-to-stop-racism>

*Younger children:*

Get a plastic bag and keep filling it with really heavy things (tins?). What happens?

That this is what happens to us: we can only take so much and then we explode with anger and scream and shout and get into a mess!

- What can we do to help us calm down when we get really angry?
- Who can help us calm down when we get angry?



Choose a **MAKE:**

- Make a card for some-one you've been angry at to say sorry.
  - Draw a picture of what your face looks like when you're feeling angry.
  - Make a 'chill out corner' somewhere in your house that you can go to when you're feeling angry. Maybe put a big cushion and a cuddly toy in it.
  - Make some playdough that you can 'smash' when you're feeling angry.
- <https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>

**PRAY:**

Thank you, God that you always love us even when we're feeling angry. Amen.

