



# HOMEGUIDE

Name \_\_\_\_\_

Date \_\_\_\_\_

## Lesson 3.3



## DRAW IT!

What do you look like when you get angry? Draw a picture of it.  
Write the words, "God, help me be slow to get angry."



## JOURNAL IT!

Tell God about some of the things that make you angry. Tell God you're sorry if you've lost your temper or yelled out of anger.



## THIS WEEK WE LEARNED

THE JUDGES: SAMSON

**BIG IDEA:** God desires righteousness and wants us to control our anger.

**BIBLE BASIS:** Judges 13-16

**KEY VERSE:** "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires." James 1:19-20 (NIV)

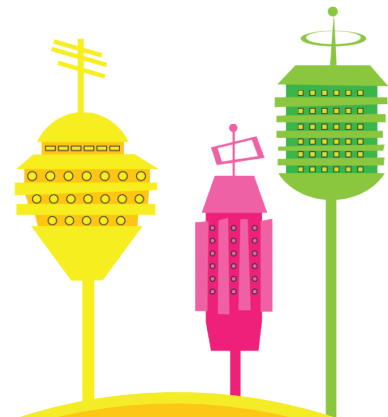
## READ IT!

Judges 16:4-31. Draw a picture of the story or write to God your favorite part of the story. Tell Him why you liked it.



## PRAY IT!

Write a prayer to God asking Him to help you control your anger and live in a way that He says is right.



## NEXT WEEK'S LESSON

THE JUDGES: SAMUEL

BIG IDEA: God hears our prayers, so we can call out to Him with our whole heart.

BIBLE BASIS: 1 Samuel 7

KEY VERSE: "When I was in trouble, I called out to the LORD. I cried to my God for help. From his temple he heard my voice. My cry for help reached his ears." Psalm 18:6 (NIRV)



# GROUP ACTIVITY

## The Judges: Samson

**BIG IDEA:** God desires righteousness and wants us to control our anger.

**BIBLE BASIS:** Judges 13-16

**KEY VERSE:** "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires." James 1:19-20 (NIV)

### Say it with Feeling

**Supplies:** Dice and Emotions Sign

**Say:** In our story today, Samson kept on getting angrier and angrier until he finally exploded. Did that kind of anger help Samson live a life of righteousness? (*NO!*) Who remembers what righteousness means? (*Living your life in a way that God says is right.*) Samson messed-up and we all mess up too. Here's the good news, though. God knows that we all mess up sometimes. He knows that none of us can be completely righteous on our own. We're going to do an activity that will help us remember today's Bible verse so we can act with righteousness.

**Today's Bible verse:**

"Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires." James 1:19-20 (NIV)

**Directions:** Practice the verse together until everyone can remember it. When ready, have the first person roll the dice. Whatever number it lands on, have everyone recite the verse using that emotion. (Happy, sad, scared, mad, etc.) Continue playing until everyone has rolled the dice or for as long as interest allows.

**Question:** When was the last time you were really mad? How did you react? If you could have reacted better, did you ask God for forgiveness? Why or why not?

**Question:** What are ways you can remember to be slow to anger?

1



2



3



4



5



6



7



8





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