



S1.Lesson 16: Anger

Middle School Lesson Plans

Supplies: TV and DVD to watch the Nooma video: *Store* (currently available at Amazon, [HERE](#)); 1 ping pong ball; two or three 8 1/2" x 11" transparencies rolled up and taped into a cone shape with a small opening at one end (about a 1/4") and a large opening at the other end (between 3" to 4").

OPENING PRAYER

WATCH Nooma Video entitled, "Store."

ASK

- What things make you feel angry?
- Do you get angry often?
- Do you like it when you are angry? Why?
- In the video, Rob Bell tells a story of Jesus being angry. Do you think of Jesus as someone who gets angry?
- Let's read that story now.

READ Mark 3:1-6 (The Message)

1 Then Jesus went back to the town's meeting place [known as a *synagogue*] where he saw a man with a crippled hand. 2 The Pharisees who were there had their eyes on Jesus to see if Jesus would heal the man, hoping to catch Jesus in a Sabbath infraction [there were many laws about what you could and could not do on the Sabbath]. 3 Jesus said to the man with the crippled hand, "Stand here where we can see you." 4 Then Jesus spoke to the people: "What kind of action suits the Sabbath best? Doing good or doing evil? Helping people or leaving them helpless?" No one said a word. 5 He looked them in the eye, one after another, angry now and furious at their hard-nosed religion. He said to the man, "Stretch out your hand." The man stretched his hand out - and it was as good as new! 6 The Pharisees got out as fast as they could, angry and sputtering about how they would join forces with Herod's followers and ruin Jesus.

ASK

- What is Jesus angry about?
- Do you see a difference between Jesus' anger (in verse 5) and the Pharisees' anger (in verse 6)?

- If so, what do you see that is different?
- Rob Bell in the video talks about what anger leads to: It can lead to destruction or it can lead to peace. What does Jesus' anger lead to?
- What does the anger of the Pharisees' lead to?
- Where do you think your anger leads to?

TELL

- Therapists/psychologists will sometimes call anger a secondary emotion.
- What they mean is that anger is caused by another emotion.
- This doesn't mean that you feel that "primary" emotion first, but rather, that the primary emotion fuels (and is covered up by) the secondary emotion.
- Almost always, the primary emotion that anger is fueled by is the emotion of fear.
- So for Jesus, he might be afraid that the people will always think this way about the Sabbath rules being more important than people.
- For the Pharisees, their anger masks their fear that someone with the ability to heal does not agree with their rules and ways of doing things.

JOURNAL

- Rob Bell talks about how America is a culture where we get angry about the things that don't matter and don't get angry about things that do matter.
- List the things you get angry about
- Mark the ones that you think "don't matter."
- Write about what fears you think cause your anger.
- Think about ways that could help you to remember to invite God into your anger so that, like Jesus, your anger can "increase peace in the world" and "fuel sacred acts of healing and restoration."

If there's time....

EXPLAIN ACTIVITY - Blow Hard

- We're going to do an activity now that hopefully highlights how anger is a secondary emotion, and how reacting in our anger doesn't address the real problem.
- I have here a 8 1/2" x 11" transparency that I have rolled up and taped into a cone shape with a small opening at one end (about a 1/4") and a large opening at the other end (between 3" to 4").
- I'm now putting a ping pong ball into this cone and letting it cover the smaller opening.
- Who here thinks they can, by blowing into the cone, blow the ping pong ball *across* the whole room, from wall to wall!?! [choose a volunteer and bring them up front]
- Make sure you hold the cone at an angle so that the ping pong ball doesn't roll out on its own.
- Now go ahead heave that ball across the room with all of your lungs' might!

- [They will not be successful. Once the ball moves from the opening, the air moves around the ball and no longer propels it. The ball won't even come out of the cone]
- Invite someone else to try. Have a new cone available for them as the first cone will be "infected" by saliva.

ASK

- Did blowing harder make a difference in getting the ball out of the cone? (no)
- If we equate blowing harder to getting mad, did getting mad solve the problem? (no)

TELL

- Remember, the point here is not to avoid being angry. The point is that when we feel angry, that we notice our anger and then invite God into our anger so that we can address whatever problem (usually our fear) is causing the anger.
- If we think of anger as a reminder that we need God's help, then we can train ourselves to remember to pray every time we feel angry.
- And when we're able to do that, then our anger becomes a way for us to be God's gift to those around us.
- This is what Jesus did, and because he did this, a man was healed. Even when he was angry, Jesus shared God's love, healing and blessing.
- We can do the same thing, but in order to do so, we have to keep turning to God, even in moments of anger.
- This is the good news for today!

CLOSING PRAYER