

## **Forgiveness Sermon Series #3**

### **Week #2 (6-6-21) “Baggage of Anger”**

**Key Words:** ANGER

**Memory Verse :** “My dear brothers, take note of this: Everyone should be quick to listen and slow to become angry.” James 1:19

**Scripture Genesis 27: 41-45**

Now Esau hated Jacob because of the blessing with which his father had blessed him, and Esau said to himself, “The days of mourning for my father are approaching; then I will kill my brother Jacob.” But the words of her elder son Esau were told to Rebekah; so she sent and called her younger son Jacob and said to him, “Your brother Esau is consoling himself by planning to kill you. Now therefore, my son, obey my voice; flee at once to my brother Laban in Haran, and stay with him a while, until your brother’s fury turns away— until your brother’s anger against you turns away, and he forgets what you have done to him; then I will send, and bring you back from there. Why should I lose both of you in one day?”

**Application/Message** Even though Esau was angry about his situation and brother, how WE respond to anger and our situations is a choice, the world’s way or the ways of Jesus. Which will each of us choose?

In this story, Esau is acting in anger. He felt like he hated Jacob because his brother took his (Esau’s) blessing. It was rightfully HIS, not Jacob’s, because he was older than Jacob! (Genesis 27:41). Esau continued being angry and even thought about killing his brother as soon as his father died. But Isaac didn’t die for 44 more years! This also reveals the attitude of Esau’s heart. As you read this story, watch how the characters respond to each of their situations and to each other. Are they choosing love or anger in how they think and act towards each other and the situation they are in?

Many times OUR anger only hurts US, more than it hurts the other person (*who may not even know how angry we are, or maybe they don’t care that we are angry*). When we are living in our hurt feelings, or carrying a grudge (*an ongoing anger at someone*) and turning away from the goodness of God’S FORGIVENESS, how can we have happiness in our lives?

What does God want us to do? Stay angry or FORGIVE? Does the Memory verse tell us what God wants us to do in stressful situations? “My dear brothers, take note of this: Everyone should be quick to listen and slow to become angry.” James 1:19

**Hands on Activities:**

**See Red:**

Have you ever been so angry that all you could see or feel was red, hot anger? Hold your hand in front of you. Notice that it is flat and the regular color of your skin. Your face is probably relaxed too. Now clench your fist as hard and tight as you can, How does it feel? Can you feel the tension in your hand and fingers? You might see a color change in your skin. Can you feel the fingers and nails “biting” into your skin. If you continue the pressure, you can feel the “pain” going up your arm and see your veins more distinctly. Ouch! How about your face? Is it tense? Are you gritting your teeth, do you feel your neck and shoulders getting tight? How are your emotions? Is it hard to relax and think positive thoughts? Now relax your fingers. Can you feel the tension draining and lessening from your hand, fist, fingers and body? You may see nail marks (small arcs in your palm from your nails) too. How quickly

does it fade away? Check your breath. Were you holding it? If so, release it and take some cleansing breaths through your nose and mouth and feel the air go into your rib cage and belly. Watch your chest expand. Does this feel more calming? Q: Does God want us to feel this way? (NO)

**QUESTION:** Is this a healthy choice? (NO). We will get mad or angry and that happens sometimes, but how we deal with it and stop it BEFORE it becomes a huge problem is what God asks us to do. This is what James 1:19 is asking us to do. It is good to remember that our choices can have both short term and long term effects for us and for everyone around us..

Can we give our situations and our feelings to God (*in prayer*), ask for help, leave the situation and cool down, go for a walk, listen to praise music, read Scripture, phone or text a friend? What are some other choices that Esau could have made? Would killing his brother be a good choice?

**Paper Plate Faces: (paper or paper plate and crayons)**

Take one paper plate (or sheet of paper). On one side draw a happy face with a smile. On the other side draw a sad face with a frown or even a mad, angry face.

**Hold your plate or paper beside you. Hold up the side that shows how you feel in each situation (it could be more than one in some situations because you may have more than one feeling. Be ready to explain your choice of face).**

1. Your parents tell you to clean your room. Do you feel ( happy or angry?) Do you stomp off and scream about it (angry face)? Then after you clean up your room, do you feel happy or angry that you did it and now have more time to do something else?
2. Your brother or sister takes one of your favorite toys... (angry or happy face?). Then what happens....?
3. At school someone pushes you in line. (angry or happy face?). You choose to move back and make room for this person (angry or happy face?). Then your classmate smiles and says "thanks" or " that was kind" ( angry or happy face?). The teacher also notices and sends you a smile ( angry or happy face?).
4. You play soccer and look forward to the games. The weather is terrible and the game is cancelled (angry or happy face?)... Then what happens?? Continue the scene...
5. You open your lunch and Mom has packed your favorite sandwich (angry or happy face)?

**RELEASE ACTIVITY : (NEED an empty clean balloon or ziploc type sandwich baggie)**

Find an empty balloon or a clean, empty sandwich baggie (ziploc or zipper style is best). It looks harmless when it is " empty". Now stretch it carefully, it becomes longer and stretchy as you pull gently. (The balloon will stretch the baggie won't.) The shape changes some but it is still a balloon or baggie. Put it back to its original shape. What will happen when you put air in it? ( *get bigger, feel firmer, hold its shape*). Are there any concerns? (*could break or leak*). Blow air gently into the bag or balloon. Go slow and hold it gently so it can fill with air. Can you see it fill and change shape? What happens if you put too much air in it? (*it will break, pop, tear, make a loud bang, be useless*). Can you keep the air in it? (*yes, by tying it shut or possibly twisting it*). Try it and see what happens. Did it stay shut and hold air? Did it leak.. did you see the air escape or hear it escape? If you continue to blow air into it what will happen? (*pop, break, make a bang sound, blow around and fall like a loose "cannon"*). Why does this happen? At some point the air has nowhere else to go so it will have to go past the boundary and escape to release the pressure. When we are angry and keep angry feelings inside, the same happens to

us. We call it venting. The feelings have to go somewhere or do something. God hopes that we choose to release our feelings safely to Him, through **FORGIVENESS**, not in anger. If we don't release our feelings **AND FORGIVE**, we can feel like we will explode and say or do something that will make things worse

This is anger **CONTROLLING US**. What if we release our feelings by praying, taking a walk, moving to a different room, dancing, singing, taking a few calming breaths, counting to 10 or doing something we enjoy to cool off our temper?

Is this pleasing God? Are you being loving toward others, as James 1:19 states? Can you learn to "be quick to LISTEN and slow to ANGER"? Let's try to practice these options and be loving to others instead of hateful and angry. Let's practice FORGIVENESS until we feel how wonderful FORGIVENESS can be!

### **PRAYER:**

**PRAYER WALK:** Walk around inside or outside of your house or in your neighborhood. (*Be sure to ask for permission first and take a family member.*) As you do, remember the letters of the word **PRAY**.

**P = PRAISE** (*give thanks to God for whatever you have seen or felt Him do in your life or others' lives*)

**R = REPENT** (*ask for FORGIVENESS for whatever you know you need forgiveness for*)

**A = ACCESS** (*Share any needs, feelings, or thoughts with God*)

**Y = YIELD** (*Pray to follow Jesus in whatever He wants you to do in your life*).

### **Songs:**

**Older: "Steady My Heart" by Kari Jobe**

Wish it could be easy, why is life so messy?

Why is pain a part of us?

There are days I feel like nothing ever goes right; sometimes it just hurts so much.

But you are here. You're real, I know I can trust you.

Even when it hurts, even when it's hard, even when it all falls apart I will run to you

'Cause I know that you are, Lover of my soul, healer of my scars.

You steady my heart. You steady my heart.

I'm not gonna worry, I know that you've got me

Right inside the palm of your hand (palm of your hand)

Each and every moment, what's good and what gets broken, happens just the way you plan.

You're here, you're real, I know I can trust you. Even when it hurts, even when it's hard

Even when it all falls apart. I will run to you 'cause I know that you are Lover of my soul, healer of my...

**Younger: "Be Careful, Little Ears ..."**

Oh, be careful little EARS what you HEAR (2x)

For the Father up above is looking down with love, Oh, be careful little EARS what you HEAR

Oh be careful little EYES what you SEE (2x)

For the Father up above is looking down with love, Oh, be careful little EYES what you SEE.

Oh, be careful little MOUTH what you SAY (2x)

For the Father up above is looking down with love, Oh, be careful little MOUTH what you SAY.

Oh be careful little HANDS what you DO (2x)

For the Father up above is looking down with love, Oh, be careful little HANDS what you DO.

### **Optional Activities:**

- Words and music to fun song **TEMPER TEMPER** at <https://youtu.be/T6DJNZKTN5s>
- If you have a “pool noodle” you no longer need, cut it in slim pieces to use as “stress/anger” fidgets. You can hold on to these when you feel upset about something to help you remember to release your stress.
- If you have Play-doh, hold a small piece in your closed hand where it can’t be seen.. Picture being angry and squeeze the Play-doh. What happens? “It makes a mess of everything it touches.”
- For an “experiment example” on anger you can do the experiment described at: <https://lifewithmyblessings.wordpress.com/2012/07/22/anger-is-messy/>  
you will need: small dish with sides, tiny objects, plastic disposable cup, measuring cup, sharpie marker, baking soda and vinegar.