

1.31.10 EGCC Middle School Class

Theme: Anger

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, "Hold out your hand." He held it out - 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 by that 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 is covered up by the secondary emotion.
- Almost always, the primary emotion that anger covers 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."

ACTIVITY (if there's time)...Finger-Fencing (this really has no bearing on the class lesson – more of a fun time-waster...but who knows, maybe someone will get angry and then y'all can talk about what the primary emotion might be and how to invite God into that fear).

- Find a partner
- Stand one to two feet apart from each other
- Clasp opposite hands (right with right or left with left) like your going to arm-wrestle
- Now extend your index finger (the one next to your thumb!) of the clasped hand so that you are pointing at your partner (now turned opponent).
- To goal now is to be the first one to poke your partner with your index finger.
- To begin the duel, raise your other hand above your head and shout "en garde!"
- You may not break the grip of the grasp. If you do, then you lose.
- Once a match is done, find another opponent.