

3.06 LOVE YOUR NEIGHBOR

Topic: Love Your Neighbor as Yourself

Subtopic: 4D. Conflict Management

4H. Making Good Choices

Class: Class III (3rd Grade)

Objectives:

Knowledge: When students are asked why people kill another, they will say when jealousy and anger get out of control, it may lead to murder.

Attitude: Students will discover how to use coping skills that prevent them from letting anger get out of control.

Materials Needed:

Memory Verse Exercise Book

Chalkboard and chalk

Exercise Book

Scripture:

References: Genesis 4:1-16

Teacher's Notes

Memory Verse: "Do not commit murder." Exodus 20:13

TEACHER ACTIVITIES

Introduction:

1. Last week, we talked about respect. Does respect always mean we agree with the other?
2. How did we learn to disagree respectfully?

Bible Story:

3. Today we are going to learn about the first family fight. It was between brothers. One brother became so angry, he lost control of his emotions. Who are the brothers? Which one lost control over his anger? Tell the story (Gen 4:1-16)

Suggested Discussion Questions

4. Who was Cain really mad at? Why?
5. What kinds of feelings did Cain have that led him to lose control of his anger?
6. Does God have anything to say about murder in the Ten Commandments?

Application:

7. Do you sometimes get very angry at another? What do you do when you are angry?
8. Is all anger bad?

Evaluation:

9. What can you do to handle your anger constructively?

STUDENT ACTIVITIES

Introduction:

1. No but we can disagree respectfully.
2. Students will review the ASSERT formula for disagreeing respectfully.

Bible Story:

3. Cain and Abel, sons of Adam & Eve. Cain lost control over his anger.

Possible Answers to Questions:

4. God. Abel showed his love for God by offering his best lamb as a gift to God. Cain did not bring the best offering from his garden to God.
5. Cain took his anger of God out on Abel. He was jealous of Abel because God accepted his gift.
6. The sixth commandment says "Do not commit murder."

Application:

7. Let students discuss their anger. Actions may include fighting, shouting at others, stomping away, banging on the wall
8. Anger is a feeling we get when we are hurt or feel mistreated. We need to learn how to handle anger appropriately.

Evaluation:

9. Have children talk about handling their anger in a positive way. (See Teacher's Notes.)

Extension Activities

1. Have students write their new memory verse in their Memory Verse Exercise Book: “Do not commit murder.” Exodus 20:13
2. In their other exercise book, have the students write at the top of the page Ways to Handle Anger. Discuss with them some things they can do to handle anger appropriately. (See Teacher’s Notes) Then have them choose at least three things they are going to practice to help them handle their anger appropriately.
3. Practicing positive ways to handle anger. Ask students to describe situations that made them respond angrily. Write each situation on the chalkboard. On one side of the situation list the angry feeling the person describes. Then as a class talk about the reaction that would be appropriate. For example:

Angry Feeling	Situation	Appropriate Feeling
Felt cheated	Playmate refused to play game by the Rules	Remain honest; don’t lower my standards
Hurt	Someone called you names	Don’t call names Back
Annoyed	Playing ball with players that don’t know how to play very well	Enjoy game for what it is worth

NOTES FOR TEACHERS

Highlights for the Bible Story

1. Do you ever fight with your brothers or sisters? What kinds of things do you fight over?
2. We discover in our Bible story today that fighting with our brothers and sisters has gone on for a long time. The first family recorded in the Bible had a serious fight. Adam and Eve had two sons: Cain and Abel. Cain became a farmer and planted crops while Abel took care of the sheep as a shepherd.
3. One day Abel brought his best lamb. He placed it on an altar made of stone. We call that making a sacrifice to God because he wanted to show his love for God.
4. God was pleased with Abel.
5. But Cain, Abel’s brother did not please God. He brought some things from his garden but they were not his best things and that displeased God very much. In fact, He didn’t accept Cain’s gift.
6. When Cain saw that Abel’s gift was accepted, he became very angry at God for not accepting his gift. God told him He would accept a gift from Cain if he gave the offering in the right way.
7. Cain’s anger didn’t go away. He asked Abel to go out to the field with him and there Cain killed his brother.
8. God saw what Cain did. He asked him where his brother was.
9. Cain didn’t want to tell God what had happened.
10. God was very disappointed in Cain. He punished him by making him wander from place to place, looking for places where crops would grow.
11. Cain lived in fear that other people would harm him.
12. God still loved Cain. He told him that He would not let someone kill him but life would be hard for Cain as a result of what he did to his brother.
13. God knew that for people to live peacefully together they needed to respect one another and learn how to work through situations where anger might get out of control. The sixth commandment says “Do not commit murder.” Exodus 20:13

14. Anger is a feeling we all have sometimes because we are not happy with how we are being treated or our feelings have been hurt. We need to learn how to handle our anger to make it a constructive experience.
15. Talk with the children about positive ways to deal with anger.

Suggestions for Handling Anger Positively

1. Admit that you have anger sometimes.
2. Talk with an adult you trust about your tendency to lose your temper or strike out fighting.
3. Practice talking about difficult things in a calm, soft voice.
4. Stop and think before you act or react. For example, count to 10 before you speak or if you are really angry, count to 100 before you speak. That gives you time to calm down.
5. Think how the person who is the focus of your anger must feel knowing you are angry.
6. Try to figure out why you react to situations angrily. Sometimes you have seen other people do it and you think it is what is expected of you. Are you making a good choice to use that person as your model?
7. Take time to think of ways you can change your responses when you are feeling angry so they can be appropriate.
8. Sometimes you need to walk away from the situation and do things that will calm you down before you make any reaction. What would some of those ways be? Suggestions might be to take a walk. Listen to music. Take some deep breaths in and out. Listen to the silence by releasing your thoughts and thinking of how you could become calm.
9. Talk with God and ask Him to help you handle this situation appropriately.

ASSERT Formula in Review

Following this formula allows you to respect the other's behavior or thought but it also allows you to stand by what you know is right. Here is what you do.

A: stands for "attention". Get the attention of the other person so they will listen to you.

S: stands for "Soon, Simple, Short". Talk with the other as soon as you can.

S: stands for "Specific Behavior". Focus on the behavior—not your feeling about the other person.

E: stands for "Effect on me". Help the person understand what you are feeling.

R: stands for "Response." Give the other person a chance to respond to you.

T: stands for "Terms". Suggest a solution to the problem by saying something like "Would you be willing to?" Then follow through with the plan.

Peacemaking Connections

Anger is a feeling that is normal when things disappoint us but too often anger gets out of control. When that happens, people may do things they would never think they were capable of doing, even to the point of murdering someone. God wants to walk beside us and help us learn how to handle those times when we become angry. He will help us control our anger and prevent hurtful conflicts which too easily become volatile and out of control. Peacemakers need to learn how to defuse those volatile situations and bring order out of chaos.

Key Points: Anger is a feeling that is normal when things don't go the way we think they should but anger that gets out of control can lead to dreadful things. In the Ten Commandments, God makes it clear that murder is

not acceptable. It is not a way to resolve our problems. We need to learn how to handle anger so that our behavior is appropriate.

Teacher Evaluation:

Do I let God help me find appropriate ways to handle my anger when I get into difficult situations? Am I a good role model for my students in reacting appropriately to my anger and to their anger? Do I share God's attitude about murder and thus obey the sixth commandment? What will I do to help my students cope with their times of anger? Have I allowed myself to be angry inappropriately so that I need to go to the person and make things right with that person(s)?