

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

## Day 2

### Read James 1:19

After you read the verse, stand in front of a mirror. Read the verse again and come up with hand motions and facial expressions to communicate the verse. You might pretend to run in place for the part about being quick, and talk and move v...e...r...y... s...l...o...w...l...y... for the part about being slow. Try to come up with something for every main idea in the verse.

Every day this week, practice saying this verse and doing the motions/facial expressions. You'll want to remember them for later this week!



## Day 3

### Cut out the prayer below or write it on another piece of paper.

Place it somewhere you will see it often so that whenever you feel yourself getting angry, you can read this prayer and ask God for help.

Dear God, I feel angry at

\_\_\_\_\_

right now because

\_\_\_\_\_

\_\_\_\_\_

I don't want to feel angry, but I need Your help to let go of the anger and forgive. I am thankful You have forgiven me for all the wrong things I have done—please help me to be as forgiving to others. Please help me to be slow to get angry—not just in this situation, but throughout my life. In Jesus' Name, I pray. **Amen.**

## Day 4

### What do you do when you feel angry?

Remember how you came up with words and facial expressions to try to communicate the main ideas of James 1:19?

Today, find a couple of different people with whom you can share this verse. First start by just doing the motions and expressions and see if they can understand what you're trying to say (without words). Then repeat the movements but say the verse out loud so they can see how they did.

Ask each of your friends if they have any ideas for ways to practice being slow to anger. If they do, write them down or commit them to memory because you'll need them tomorrow!

## Day 5

### It sounds good to be slow to anger, but what does that look like in real life?

It might mean:

- ▶ Taking a deep breath and... talk to God.
- ▶ Punch a pillow and... talk to God.
- ▶ Run in place and... talk to God
- ▶ Put on some music and dance and... talk to God.
- ▶ Color or paint and... talk to God.
- ▶ Count to 10 before responding and... talk to God.
- ▶ Do some jumping jacks and... talk to God.
- ▶ Go to another room and... talk to God.
- ▶ Put on your headphones and some good music and... talk to God.
- ▶ Drink a glass of cold water and... talk to God.
- ▶ Think about something that makes you laugh and... talk to God.
- ▶ Take a bath or shower and... talk to God.
- ▶ Take a walk and... talk to God.
- ▶ Talk to God and... take a nap.

There are so many different ways you can let go of your anger without hurting yourself or someone else. Keep this list handy for the next time you need some help controlling your anger. Just remember, **when you're angry, talk to God.**