

"When You Feel Angry"

Theme: Handling Anger God's Way

Memory Verse: Ephesians 4:26 (NIV)

"In your anger do not sin: Do not let the sun go down while you are still angry."

Lesson Objectives:

By the end of this lesson, students will:

- Understand that anger itself is not a sin, but what we do with it matters.
- Learn healthy ways to respond to anger.
- Know that God can help us control our emotions.

Read or act out the story of Jesus clearing the temple.

Jesus Flips the Tables

A Story for Preteens – Based on John 2:13-17

It was almost time for the Passover festival in Jerusalem, and the city was buzzing. People were coming from everywhere to worship God at the temple. Crowds filled the streets, kids ran around excitedly, and shops were busy selling all sorts of things.

Jesus and His disciples were walking toward the temple too. But as they got closer, Jesus slowed down. His face grew serious.

When Jesus walked into the temple courtyard, He didn't see people praying or worshipping. Instead, He saw money changers at booths, people selling sheep, doves, and even oxen—all right there where people were supposed to be focusing on God.

Imagine walking into church on Sunday and instead of people singing or listening to God's Word, you see people yelling, selling snacks, and trading money like it's a marketplace. That's what it was like.

Jesus' eyes scanned the scene. This was God's house, and people had turned it into a noisy market. They weren't helping others worship—they were making money off of them.

Suddenly, Jesus did something totally unexpected. He picked up some cords, tied them into a whip, and drove the animals out of the temple area. He knocked over the tables, and coins scattered everywhere. People jumped back in shock.

“Get these out of here!” Jesus shouted. “Stop turning my Father’s house into a market!”

Nobody could believe it. Quiet, kind Jesus was flipping tables and raising His voice. But this wasn’t about anger. It was about righteousness—Jesus was standing up for what was right. He wasn’t okay with people disrespecting God’s house.

Later, Jesus’ disciples remembered a verse from the Bible:

“Zeal for Your house will consume Me.” (Psalm 69:9)

That means Jesus was so passionate about God’s house and God’s honor, it burned inside Him. He cared deeply about people having a real, respectful connection with God—not being distracted or cheated.

Teaching Moment: "Anger Isn't Bad, But..."

Key Points:

- Anger is a natural emotion.
- It becomes a problem when it leads us to sin (hurt others, say mean things, hold grudges).
- God wants us to pause, pray, and respond wisely.

Think About It:

- Are there any “distractions” in your life keeping you from worshiping God?
 - Do you treat God’s house—and your time with Him—with respect?
 - Sometimes standing up for what’s right means being bold like Jesus.
- Would you be brave enough to speak up for what honors God?

Prayer:

Dear Jesus, help me to honor You with my heart, my actions, and my attitude. Teach me to respect the places and moments meant for You. Give me boldness to stand up for what’s right, just like You did in the temple. Amen.