

Inside Out Jesus - Angry Jesus

Text: John 2:13-22 (Jesus Cleanses the Temple)

Supplies:

- A clear drinking glass
- Water
- Green Food coloring
- Liquid dishwashing detergent
- 2 tbsp of baking soda
- Vinegar
- Rimmed pan
- Stacking Wood Block Game (Jenga or dollar store version) 1 per small group or one bowl/bag per group to draw questions from.
- Exploring Anger Labels or make your own
- Video(s)

Craft Supplies Option 1:

- Paper grocery bag (one per participant)
- hammer
- Used small dark colored bowls (thrifted or donated 1 per participant)
- Gorilla Epoxy
- Gold pigment
- Plastic Gloves per participant
- Small disposable cup per participant
- Small wooden stir stick per participant

Craft Supplies Options 2:

- One ballon per participant
 - Funnel - paper
- Empty water bottles (dry)
- String (to match color of ballons?)
- Scissors
- Permanent Markers
- Flour approximately 1/2 cup per participant

Large Group

Introduction (5-7 minutes)

Say: Today we will be exploring anger, in the bible and in our lives. Let's start with a video and then a science experiment.

What is the emotion in the world?

Say: Anger is a natural emotion that even God and Jesus had. Let's get a reminder about anger from the original Inside Out.

Watch: Funniest Anger Moments in the original Inside Out (running time 1:20)

[Funniest Anger Moments \(Inside Out\)](#)

OR

Say: Anger is a natural emotion that even God and Jesus had. Let's take a look at the science behind anger.

Watch: The Science of Anger (running time 2:28) [THE SCIENCE OF ANGER](#)

OR

Say: Anger is a natural emotion that even God and Jesus had. Today in our video we will be exploring anger in God and then we will be focusing more on Jesus and our own anger.

Watch: Slow To Anger (running time 5:20) [Slow to Anger - Character of God Word Study](#)

Say: What did you notice about anger from the video? (Take time to get a few answers)

Large Group Science Activity and Questions (10 minutes):

Say: Do you ever feel like the Incredible Hulk? Full of anger that just bubbles over??

Demonstrate: Place the baking pan on the table to catch the overflowing experiment. Place the glass in the center of the pan and fill it nearly full of warm/hot water. If you like, drip two drops of green food coloring in the water. Now add three to four drops of liquid detergent.

Say: On any normal day there might be some things that make you mad. What are they? (Some of their suggestions might be: parents remind you to do chores, sister borrows your shirt without asking, friend won't play video games with you, parents bad mouth the other parent).

Demonstrate: As they say the things that make them angry sprinkle in about 2 tablespoons of baking soda.

Demonstrate: Here comes the fun part—pour in the vinegar! You'll see it bubble up!

Say: We are like the water. The baking soda is like our anger. The vinegar is our self-control. If we don't get self-control working properly, it will cause our anger to bubble over. Anger itself is not bad, but we do have to learn what to do with it. Because anger is a natural human emotion, today we also have a story of Jesus getting angry.[1]

Where is the emotion in Jesus? (5 minutes)

Read Bible Story:

Jesus Cleanses the Temple John 2:13-22

¹³ The Passover of the Jews was near, and Jesus went up to Jerusalem. ¹⁴ In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. ¹⁵ Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the moneychangers and overturned their tables. ¹⁶ He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' ¹⁷ His disciples remembered that it was written, 'Zeal for your house will consume me.' ¹⁸ The Jews then said to him, 'What sign can you show us for doing this?' ¹⁹ Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' ²⁰ The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' ²¹ But he was speaking of the temple of his body. ²² After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

Questions:

Have you ever thought of Jesus as angry before?

I thought perfect people never get angry. If Jesus was perfect, why did he get angry?

Can anger ever be good today?

Small Group

Introduction:

Say: In small group today, we will be exploring our own emotion of anger with a game and art project. Today we will be playing a game with some anger questions. The questions will be in three categories: anger exploring, coping skills and self-reflection/get to know you questions.

Reaction to the emotion in the world?

Activity: Stacking Block Exploring Anger (10 minutes)

Use the teacherpayteacher resource[2] or come up with your own questions. You can add these labels to blocks to make a Jenga game (or buy a cheaper wooden block stacking game from dollar store) or simply place the questions in a bowl and have participants draw. Play until the wooden blocks fall down or a minimum of each participant having several turns. Some questions may be personal. Encourage youth to answer but give them the option to pass if needed.

Reaction to how Jesus handled the emotions.

Art Activity #1 (30+ minutes)

Say: Jesus tossed the tables and likely broke things so that the world could be more beautiful by fixing the wrongs of the religious centers. There is a Japanese art called Kintsugi which repairs broken ceramic with gold. Today we will be making our own Kintsugi. (Watch or show video to prepare:<https://www.youtube.com/watch?v=MmQTXAohB-I>) This project is a reminder that from anger at things in our lives and society that are broken/hurting ,we can repair that which is broken and make it even more beautiful than before. As you secure your pieces back together, take time to pray for the issues of anger in your life and the places that need repair.

If you are comfortable as a leader share a time where there was anger in a relationship, but it was repaired stronger and more beautiful/healthier than ever.

Art Activity #2 (10+ minutes)

Say: Today we are going to create a stress ball that can help you with an alternate behavior instead of turning into the Hulk.

Demonstrate how to make stress ball and/or watch the video together for step-by-step real time directions.

https://youtu.be/Fz5iEBdJM84?si=EC1Z9lj_8lFj2MXG

Prayer – Circle Prayer with Squeezing hand (5 minutes)

Say: Jesus' anger was righteous anger, anger at something that was wrong with the world he lived in. What are some of the wrongs of the world today? (Make a list together: racism, global warming, genocide in Palestine, etc.). Today I will start us praying for those things with a circle prayer.

Sit in a circle and take hands. Have a leader start the prayer then squeeze the next person's hand. Have them pray out loud for the wrongs of the world you just talked about.

Say: Let us pray. Saint Augustine said: "Hope has two beautiful daughters. Their names are anger and courage; anger at the way things are, and courage to see that they don't remain the way they are." Today we pray for things that make us angry and need our courage. Today we pray for hope for....

^[1] Adapted from <https://ministry-to-children.com/baking-soda-bible-object-lessons-about-anger-self-control/>

^[2] Cost is \$3.50

<https://www.teacherspayteachers.com/Product/Anger-Jenga-Labels-68-anger-exploring-questions-for-wooden-block-games-7827022>