

## David and Saul: Lesson 2

**SuperTruth:** I will not let anger control me.

**SuperVerse:** “Don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry.” Ephesians 4:26 (NLT)

**Bible Story:** 1 Samuel 15–16, 18–19, 21, 23–24, 2 Samuel 5:1–5

### LARGE GROUP / GRADES 1–6

Today is the second lesson of our Superbook adventure, “David and Saul.” In the story today, we will learn about controlling our anger so it doesn’t cause us to sin.

- Superbook takes Chris, Joy and Gizmo to meet David, the young warrior who leads Israel’s army to victory. Although King Saul tries to kill him out of jealousy, David chooses not to take revenge. The children learn that anger and vengeance do not accomplish God’s purposes.
- In the Bible Background video, we’ll learn about the town of Gibeah, where Saul lived and reigned as king, near Jerusalem. We will also learn about David, his service to Saul, and how he managed to escape from Saul.

### SMALL GROUP / GRADES 1–6

#### **Game:** Toss Anger Away (15 minutes)

**Objective:** Play a game to reinforce the SuperVerse.

- If we hold onto anger, it can grow bigger in our hearts and begin to control our lives. Today, our game is similar to a game you’ve probably all played called “Hot Potato.” Instead of a potato, you will be tossing away anger.

#### **Game Instructions:**

- The ball represents anger. Start the music and quickly toss it back and forth until the music stops, meaning it is sunset! The player holding the ball must sit out of the game for two rounds.

#### **Teaching:** Who’s in Control? (15 minutes)

**Objective:** Discuss what it means to give control to the Holy Spirit.

- Saul was angry and jealous of David. Instead of asking God to help him with his feelings of anger, Saul held onto his anger. It grew and began to control him. Use controllers to illustrate the point.

#### **Take Home Activity—Discipleship Challenge** (2 minutes)

- Continue with the challenge for Lesson 2 by reading Ephesians 4:31–32 and discussing it at home. Ask the Holy Spirit to reveal anything in your heart and mind that doesn’t please Him. Ask God to help you forgive others as He forgives you.

#### **SuperVerse:** Superbook Blanks (5 minutes)

**Objective:** Memorize the SuperVerse with a group activity.

- Anger is sinful when we let it control us. When we are controlled by anger, we don’t think clearly and we make unwise decisions. We need to let go of our anger inside so it doesn’t grow.
- Read the SuperVerse on the board with the children. They will then close their eyes or turn around as you erase a key word. Children look at the board and raise their hands to tell you what word you erased. Write the word where it belongs. Continue, erasing more words each time.

#### **Prayer:** Let Go Prayers (5 minutes)

**Objective:** Communicate with God.

- The Bible tells us to think on good things that are pleasing to God. They strengthen our faith and give us peace inside. Rather than thinking about anger and revenge, meditate on the excellent things of God!
- Bow your heads, close your eyes, and think. Has anyone hurt you or made you angry? Do you want to take revenge on someone? Now silently pray and give that situation to God. Share your desire to let go of the anger before it controls you. Ask God to help you to extend forgiveness.

### ADDITIONAL ACTIVITIES (REFER TO THE LESSON GUIDE FOR DETAILED INSTRUCTIONS)

**Anger Game:** Play a game to get rid of anger. | **Grades 1–6** | 15 min

**Object Lesson:** Do a demonstration of stirring up anger. | **Grades 1–6** | 5 min

**Maze Activity:** Help David find paths to the caves to hide from Saul. | **Grades 1–3** | 10 min

**Bible Activity:** Look up proverbs about anger. | **Grades 4–6** | 10 min

#### **Game Materials**

##### **Needed:**

- Whiteboard and marker, or chalkboard and chalk
- Balls: tennis or beach balls; one per group of up to six players
- Music player such as mobile device or CD player
- Upbeat Christian music, such as “The Salvation

#### **Teaching Materials Needed:**

- At least 2 different “control items,” such as: game controller, TV remote control, joystick, or steering wheel from a toy vehicle or video game accessory
  - Steering Wheel and Labels Pattern
  - Scissors
  - Tape
  - Bed pillow
  - David’s Kinnor Pattern for children who missed Lesson 1
  - David’s Kinnor Instructions for children who missed Lesson 1
  - Bible or the Superbook Bible app
- Sixth grade volunteers or other children to read Bible verses

#### **SuperVerse Materials**

##### **Needed:**

- Whiteboard or chalkboard
- Marker or chalk, eraser
- Bible or the Superbook Bible App

#### **Prayer Materials Needed:**

- Philippians 4:8 Poster
- Bible or the Superbook Bible App.