

## From the Inside Out (1/16/22)

**Main Verses:** Matthew 5:21-22, 27-28

**Key Verse:** Matthew 5:22a

**'Takeaway':** Jesus wants to change us from the inside out, to change not only our hurtful actions, but also our hurtful attitudes.

**Getting Started:** What makes you angry? Why?

**READ** the main verses (or have older kids help read).

Some **QUESTIONS** to consider:

Toddler/PreK:

- Is it wrong to be angry?
- What do you think makes God angry?
- What can you do when you feel angry towards another person?

Elementary:

- What do you direct your anger at?
- Does God ever get angry? If yes, what makes him angry?
- Directing anger with intent to hurt another person is always sin because it's me-centered. What should you do instead when you feel yourself becoming angry like this?

Here are some **IMPORTANT IDEAS** we discover in these verses:

Toddler/PreK:

- Anger typically means we want to hurt another person. This type of anger is sinful and starts in our hearts.
- Our angry hearts often lash out against another person with words and attitudes as well as actions at times.
- Jesus died to change our hearts (change us from the inside out) if we trust in and follow him.

Elementary:

- Anger directed at others is generally informed by me-centered distortions and is sinful. This is the type of anger Jesus is warning against.
- An angry heart lashes out not just with actions, but often with words and attitudes even more than actions.
- Jesus died on the cross to change our hearts and correct our me-centered distortions. He alone can truly heal and change our angry hearts. We need to trust in him and surrender our lives to him.

An **ENCOURAGEMENT** in light of God's word:

(Toddler/PreK) Talk to God, thanking him for the gift of his Son, Jesus, who can change us from the inside out. Ask God to help you turn to him when you're angry instead of hurting other people, with words or with actions.

(Elementary) Talk to God, thanking him that Jesus came, died, and was raised again so that our hearts can be changed and our me-centered distortions corrected. Ask God to help you trust in him more, and to turn to him when you feel angry instead of lashing out and hurting other people with words, actions, or attitudes.

