

Calvary Chapel  Philadelphia



CHILDREN'S MINISTRY BASKETBALL DEVOTIONS

10-18 year olds

Week 3

Anger

Anger

The objective is the goal or main teaching point of this week's study. If you convey one thing to your players, make it this.

Read this passage aloud to the kids, as it will be the focus of this week's study. Each week's memory verse will be in bold.

Our lessons for our older age groups are designed to be more discussion-based. This section is for the coach to read ahead of time so that he/she understands the goal of the discussion and is able to direct the conversation.

Objective This lesson will look at the difference between righteous and selfish anger and the proper response to our anger.

Scripture Passage:

“Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil.”

Ephesians 4:26-27 (Memory verse, Ephesians 4:26, in **bold**)

Coaches Guide

Today's study is on anger. While many think of anger as something sinful, it is not a sin by itself. After all, Jesus got angry when he saw men buying, selling, and ripping people off in the temple, so angry that He overturned their tables and drove those men out (see Mark 11:15-17). While some anger is sinful, Jesus shows that there is such a thing as righteous anger. Whether our anger is righteous or sinful depends on the reason why we are angry and what we do in response.

The first difference between righteous and sinful anger is why we get angry. Sinful anger gets angry for selfish reasons. When we get upset because we don't get our way or some else gets what we wanted, that's selfish anger. Righteous anger gets angry at sin. Jesus got mad because the men in the temple were dishonoring God and harming other people. Righteous anger is anger against sin.

The other difference is how we respond to our anger. Even if we are angry for the right reason, if we respond by hurting someone with our words or actions, it is sin. Righteous anger fights against the sin, not the sinner. Jesus used His anger to stop the men who were sinning. This kind of anger leads us to stop the sin, rebuke others, or remove temptation from our lives.

The last phrase of the verse tells us not to let the sun go down on our anger. Anger can turn sinful if it is not dealt with quickly. When we are angry, we should do our best to resolve the issue and let go of the anger quickly, before it gets the chance to grow and lead to sin.

Team discussion gives questions to ask your team in order to discuss today's topic. Use the information from the coaches guide to steer the conversation toward the biblical truth.

"On the Court" gives some in-game situations where today's lesson can be applied, while "Off the Court" gives examples from everyday life. Encourage them to do the things you listed during the game today.

These are some final notes/goals to accomplish this week. These are not meant to be read, but are instructions for the coach.

Team Discussion

1. Has anger ever got you into trouble?
2. Is anger a sin? Did Jesus ever get angry?
3. What is the difference between good anger and bad anger? What is a good reason to be angry? What is not?
4. What is the right response to anger? What is the wrong one?
5. What does it mean, "Don't let the sun go down on your wrath, neither give place to the devil"?

On the Court

The old man wants to:

- Get angry at calls I don't agree with, the other team playing well, or teammates not giving me the ball.
- Yell at, trash-talk, or hurt others when I get angry.

Instead, the new man will:

- Get angry only at sin, such as disrespect to refs or opponents.
- When I see sin, respond in a way to try to stop the sin, not hurt others.

Off the Court

The old man wants to:

- Get angry when I don't get my way or when others get something that I wanted.
- Respond to anger with sinful words and actions.

Instead, the new man will:

- Get angry only at sin, not for selfish reasons.
- Use right anger to fight against sin and look for a solution.
- Not stay angry for long.

The Game Plan

1. Review last week's memory verse, Ephesians 4:25. Give a ticket to any player who can recite it.
2. Learn and memorize Ephesians 4:26 with your team. Encourage them to practice the verse over the week.
3. Anger and frustration are often part of sports. When players get angry this week, ask them why they are angry and what they are doing about their anger. Help them to make wise choices about their anger.
4. If your player has conflict with someone else, encourage them to make things right soon and not let the sun go down on their anger.