

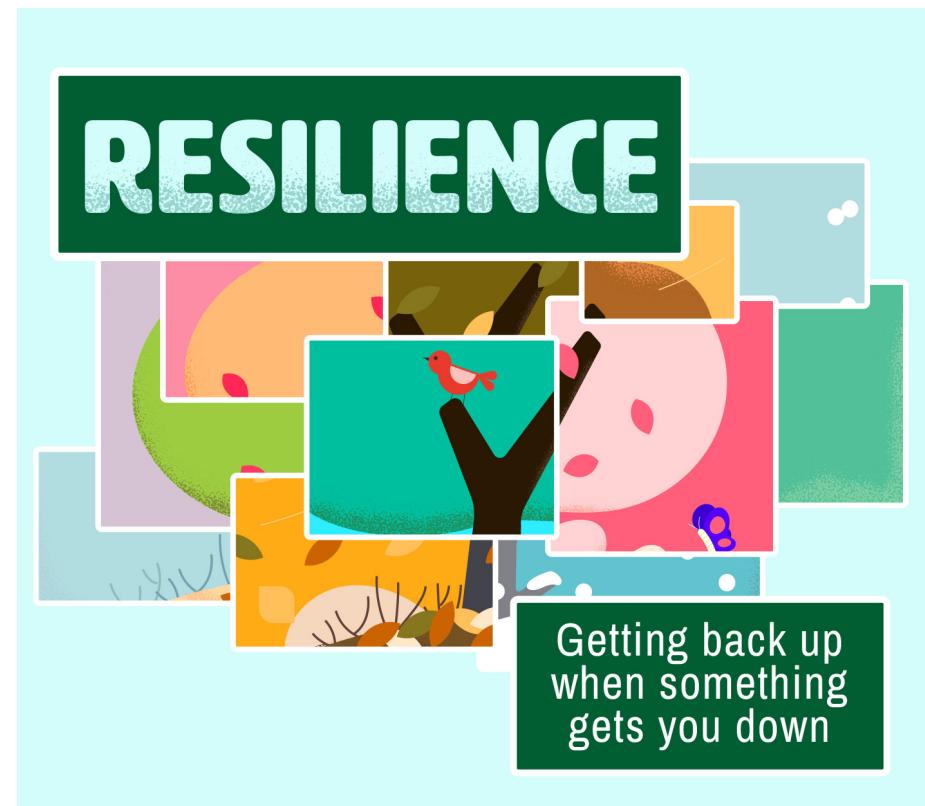
Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



January
2025

Week Three Preteen



Day 1

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at
parentcue.org/app.

**Even if you already saw it at church,
feel free to check it out again!**

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read James 1:19

After you read the verse, stand in front of a mirror. Read the verse again and come up with hand motions and facial expressions to communicate the verse. You might pretend to run in place for the part about being quick, and talk and move v...e...r...y... s...l...o...w...l...y... for the part about being slow. Try to come up with something for every main idea in the verse.

Every day this week, practice saying this verse and doing the motions/facial expressions. You'll want to remember them for later this week!



Day 3

Cut out the prayer below or write it on another piece of paper.

Place it somewhere you will see it often so that whenever you feel yourself getting angry, you can read this prayer and ask God for help.



Dear God, I feel angry at



right now because



I don't want to feel angry, but I need
Your help to let go of the anger
and forgive. I am thankful You have
forgiven me for all the wrong things I
have done—please help me to be as
forgiving to others. Please help me to
be slow to get angry—not just in this
situation, but throughout my life. In
Jesus' Name, I pray. Amen.



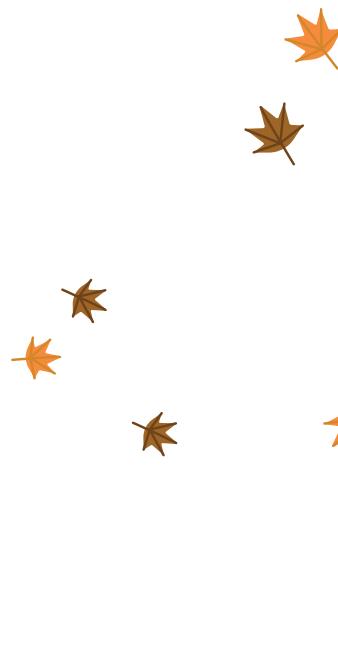
Day 4

What do you do when you feel angry?

Remember how you came up with words and facial expressions to try to communicate the main ideas of James 1:19?

Today, find a couple of different people with whom you can share this verse. First start by just doing the motions and expressions and see if they can understand what you're trying to say (without words). Then repeat the movements but say the verse out loud so they can see how they did.

Ask each of your friends if they have any ideas for ways to practice being slow to anger. If they do, write them down or commit them to memory because you'll need them tomorrow!



Day 5

It sounds good to be slow to anger, but what does that look like in real life?

It might mean:

- Taking a deep breath and... talk to God.
- Punch a pillow and... talk to God.
- Run in place and... talk to God
- Put on some music and dance and... talk to God.
- Color or paint and... talk to God.
- Count to 10 before responding and... talk to God.
- Do some jumping jacks and... talk to God.
- Go to another room and... talk to God.
- Put on your headphones and some good music and... talk to God.
- Drink a glass of cold water and... talk to God.
- Think about something that makes you laugh and... talk to God.
- Take a bath or shower and... talk to God.
- Take a walk and... talk to God.
- Talk to God and... take a nap.

There are so many different ways you can let go of your anger without hurting yourself or someone else. Keep this list handy for the next time you need some help controlling your anger. Just remember, **when you're angry, talk to God.**



Rain or Shine: Trusting God in every season

Resilience is getting back up
when something gets you
down.



MEMORY VERSE

Be strong, all you who put
your hope in the LORD.
Never give up.
Psalm 31:24, NIV

Prayer

“Dear God, thank You that You help calm even our biggest emotions. Help us to be quick to listen, slow to speak, and slow to get angry. Remind us to talk to You when we’re feeling angry, and use the tools You’ve given us to slow down. We love You, and we pray these things in Jesus’ name. Amen.”

Scan the QR code
to get started



Talk About the Bible Story

Open the Bible together and read James 1:19 or watch the video together on the Parent Cue app.

Engagement Questions

- What makes you feel angry?
- **What do you do when you feel angry?**
- Why is it sometimes challenging to be slow to anger?

Faith and Character Activity

Scan the QR code below for activities to guide kids at every phase to trust Jesus in a way that changes how they see God, themselves, and the rest of the world.



Morning Time

As your kid starts their day, tell them about something they said to you or someone else that was meaningful.



Meal Time

At a meal this week, have everyone at the table answer this question: “What do you do when you feel angry?”



Drive Time

While on the go, ask your kid: “Who is someone who makes you feel better when you’re angry?”



Bed Time

Pray for each other: “God, help us to talk to You first when we’re angry. You want us to talk to You about anything—even about the things that make us mad.”

More Ways to Engage with Your Kid

Faith & Character Activities



Worship Song of the Month



Download the Parent Cue app

AVAILABLE FOR APPLE
AND ANDROID DEVICES



Weekly Parent Cues

