



*As a family, watch today's Elementary Message from our website or You Tube.
Keep the conversation going while doing the activities listed below.*

Need to Know: When I feel angry, God gives me self-control

SAY: When we're feeling angry, we can deal with those feelings by talking to God and asking Him to help us have self-control. Then, Just like Nehemiah, when someone is saying something mean or doing something that hurts us, we can show them God's love by not letting our anger get the best of us!

ASK: What is self-control? *(The ability to control how you express your feelings.)*

ASK: When Nehemiah and the crew were feeling angry, what did God give them? *(God gave Nehemiah and the crew the self-control not to say or do anything they couldn't take back.)*

ASK: What are some ways you can practice self-control the next time you're angry?

SAY: We all have different things that make us feel angry. One little thing can make us feel upset, and then just like our tower, our anger can start to build. After a while, if we don't deal with those feelings of anger, they can make us do or say things that we can't take back. The good news is that when we feel angry, God gives us self-control!

PRAY: Ask your child what they would like to talk to God about. Ask God to help them deal with how they feel and that when they're feeling angry, God would give them self-control.