



## **Game – Anger**

**Bible: Ephesians 4: 26-27**

### **Supplies:**

- Potatoes
- Sling shots
- Raw spaghetti
- Marshmallows
- Black sharpies

*Note: If you have a large youth group, then you might want to have two groups of students do this activity upfront on the stage.*

Break up students into groups of 3-4.

Give each group a few minutes to build a tower using marshmallows and raw spaghetti.

If you want, have students compete to see who can build the highest tower.

Give each group 2-3 potatoes.

Instruct students to write down on the potatoes with sharpies what makes them mad. It could be specific situations, actions or people.

Assign each group the task of knocking down another team's tower. The goal is to be the first team to knock down a tower. (But be sure to have the activity continue until all the towers are knocked down.)

The towers are knocked down by placing the potatoes in a sling shot and shooting them from 15-20 feet away.

(Optional: If a sling shot is not available, then have players simply throw the potatoes at the towers).

Award the winning team a prize.

**After the game, say:**

This game is a picture of what can happen when we're angry.

On our potatoes we wrote down things that made us mad.

Those very things (the potatoes) were used to destroy something.

Just like anger has the power to destroy, tear down and hurt others.

**Read Ephesians 4: 26-27:**

"And don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil".

**Small Group Discussion Questions:**

- What did you write down on your potatoes? Why does it make you angry?
- What does "don't let the sun go down while you are still angry" mean to you?
- How can anger be a "foothold" for the devil...and what does "foothold" mean?
- How can we deal with our anger in a healthy, rather than destructive way?

**Note:** *If you're wondering what a marshmallow & spaghetti tower looks like, then see the pic below. However, feel free to have students get as creative as they wish.*

