



## Week 5: SLOW TO ANGER

### Identity Theme:

God is patient with you—so you can be patient with others.

### Key Message:

God is slow to anger and abounding in love—and we can reflect that too.

### Scripture:

*James 1:19* — “Everyone should be quick to listen, slow to speak and slow to become angry.”

### Family Activity: Breath Prayer Jar

**What You'll Need:** A clean jar or small box, Strips of paper, Pens or markers

### Step-by-Step:

1. Write short breath prayers or calming verses on each strip. Ideas include:
  - “Be quick to listen.”
  - “Breathe in God’s peace.”
  - “God is with me.”
  - “Slow to anger, rich in love.”
2. Fold the strips and place them in the jar.
3. During tense moments, pause as a family. Each person can draw a strip, take a deep breath, and read it out loud (or silently).
4. Let the prayer guide you into a calmer, more compassionate response.

### Family Connection Moments

- “What makes it hard to be patient sometimes?”
- “How do you know when someone is being patient with you?”
- “What helps you slow down when you feel big emotions?”

### Parent Practice of the Week: Hand-to-Heart Prayer

When frustration rises, pause. Place your hand over your heart and pray: “**God, help me reflect Your compassion.**”