

Use “The Scene” to introduce “How to Express Anger” the High School Sunday school lesson for January 7, 2018. The lesson is found on page 37 of *High School Teacher* by Standard Publishing.



the SCENE

Viewing the latest news through the lens of Scripture

If you spent any of your holiday break seeing the latest movies, you might also have been treated to the latest movie trailers, showcasing what is to come in 2018. In the trailer for the next installment of the Avengers’ story, we see the reappearance of Bruce Banner/Hulk. Some fans have started theorizing on what this means for that character, who was last seen in *Thor: Ragnarok*, in which it is revealed Hulk spent a few years stuck in Hulk mode to fight battles on some other planet called Sakaar.

Toward the end of that movie’s story, Bruce Banner is wondering, if he decides to return to Hulk mode to fight, will he be able to come back from it and be human ever again? Well, the trailer for the newest addition to the Marvel family of films seems to suggest that he is able to come back. But for how long?

Everyone knows that Hulk uses the energy from Bruce’s own anger to become the not-so-gentle green giant. If you were like me, as a kid I often wondered whether my big brother might turn into the Hulk if I pushed his buttons one too many times. As an adult, I’ve had one or two bosses who showed some Hulk-ish tendencies when things didn’t quite go as planned. What about you? Who’s a Hulk in your life? Or maybe . . . it’s you!

As students arrive, give each of them a copy of the article. Then discuss in this way:

Do you know anyone who is at all similar to the Bruce Banner/Hulk character? How are they like that character? How are they different?

What is that moment for you when you can feel yourself about to lose it? What triggers your anger? What do you do when you feel that moment coming?

Bruce Banner was afraid he’d never be able to be himself after becoming the Hulk again. Has an explosion of anger ever changed you in such a way that it made you afraid of yourself? Have you ever been afraid of that kind of reaction in someone else? What did you do?

Bottling up anger inside really isn’t good, and it can be healthy to express anger for the right reasons. But how do you or should you express that anger? Today we’ll look at how God instructs us to cultivate healthy anger.