



SESSION 5: FEELINGS OF ANGER

1—ANGER MANAGEMENT

What do we do when those mad feelings start rising? Turn to James 1:19-20 to find out.

After reading this passage, label the following situations as either slow (S) or quick (Q) when it comes to listening, speaking or becoming angry:

- ___ You want to tell your mom some surprising news, but your brother jumps in and tells her first. You call him a big mouth and storm away.
- ___ Your dad is explaining how he wants you to clean the bathroom. You want to tell him that you already know, but you decide to listen.
- ___ Your best friend borrows a book and accidentally loses it. You decide not to talk to her for the next week.
- ___ Your brother throws a football and accidentally hits you in the head. You zip it back at him and hit him in the chest.
- ___ Your friend blames you for something you didn't do. You calmly explain that you would never do something to hurt her.

It can be really hard not to get angry quickly when something happens. But what are the benefits of not allowing your anger to blow up on you and others?

How could you act differently when something happens that makes you mad?

2—CAN ANYONE CHANGE?

Can God change anyone? Read Luke 19:1-9 to find out.

Mike was a big bully. Whenever he got angry at school, he would push people around and try to take their lunch money. People were scared of him for a while. Pretty soon, though, people just thought he was mean and tried to avoid him.

Mike went with his younger brother to youth group and realized that he wanted to change. But no one there would take him seriously. Mike felt kind of dumb for the way he had been acting and really wanted to make a new start.

In Luke 19:1-9, we find another person who wanted to change. How was Zacchaeus like Mike? How did he decide to change?

How bad did Zacchaeus want to meet Jesus? What in this passage tells you this?

Have you ever done something when you were upset or angry that you wished you hadn't done? If so, what happened?

We all do things that we wish we hadn't done. Sometimes, it even becomes a habit for us. This is the time when we need to understand that Jesus can change *anyone*. We may feel bad about ourselves, but Jesus loves us and wants to change us. All we need to do is ask Him to change the way we handle things.

3—YOU MAKE ME SO MAD!

Are you really mad at someone? Whether you are or not, read Matthew 5:23-24.

Candace and Guadalupe were best friends. One day, Candace's parents gave her two tickets to a concert for her birthday and said that she could ask anyone to go with her. Candace decided not to ask Guadalupe because she didn't think she would like the music. Guadalupe was hurt and angry when she found out.

Soon, the two friends had stopped talking to each other and were spreading rumors about one another. Finally, one day Candace talked to Guadalupe and explained why she hadn't taken her to the concert. The more the two friends talked, the more they realized that they had nothing to be mad about.

In Matthew, we read about a person who was offering a gift at the altar. Today, this would describe a person who goes to church, puts his or her money in the offering plate, and is part of the service. What do these verses tell us we need to do if we know things are not right between us and another person?

How important is it to God that we make things right with others? How can you tell by reading these verses?

Is there someone in your life right now that you haven't forgiven? Are you holding on to anger against that person? If so, talk to God and ask Him to give you the courage to make things right with that person. Find that person this week and talk to him or her.

4—TURN THE OTHER CHEEK

How should we react when some does something unkind to us? Read Jesus' words in Luke 6:27-29 to learn a new approach to self-defense.

Imagine that you are on your way home from a friend's house and a bully comes up to you and starts saying mean things. What should you do?

- ☐ Teach the bully a lesson with a punch to his nose
- ☐ Say mean things back to the bully
- ☐ Walk away and tell someone if it continues
- ☐ Stand there and just take the abuse

What is your normal response to a person like this?

What does it mean to "love your enemies" and to "pray for those who mistreat you"?

Jesus is not saying in this passage that we should be a punching bag or doormat for anyone who wants to be mean to us. What He does say is that we should not return the insult—or do something worse in response. Anger can turn to hate and violence.

God wants us to let go of anger and forgive others because it sets us free. We don't have to spend any more energy hating that person. We can move forward and do the things that God wants us to do. So, the next time you are tempted to fight back or hate someone, go to God instead. Talk to Him. Let Him control the situation. God will do amazing things in your life and the lives of others when you do. Try it and see.