

## **CONTROLLING ANGER**

### **INTRODUCTION**

"No!" Bill yelled to his son, "Kevin, you will stay here tonight and do your work at home!" "But Dad, I had plans to go out with my friends tonight. You said I could." "No, and you won't EVER go out." Bill responded. "EVER! And if you don't shut up right now, and do as I asked, you will be lifting yourself off the floor!" "I hate this house!" ... Kevin exclaimed.

What can you do in situations like this?

Memory Verse: Ecclesiastes 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

### **BIBLICAL LESSON**

Anger is an emotion that is a strong feeling of displeasure for some real or supposed wrong someone has done to us. We as saints have to control our anger so that it is not in control of us. This lesson explores anger, how it can be destructive, and strategies for controlling anger in our lives.

It is not good to get angry "at the drop of a hat". Proverbs 14:7, 29, Titus 3:6-11

Rest in Yahweh. Don't be angry. God can handle it. Psalms 37:7-20

Put anger away with good deeds and thoughts. Ephesians 4:17-32

### **APPLICATION**

Anger arises when people hurt others. What does Jesus say to do when people spitefully use us?

Walking away from a situation to give you time to think is one way of dealing with anger. What are other ways have you discovered?