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When We Are Angry, God Gives Us Self-Control

We all go through things that make us feel angry. One little thing can make us feel upset, and then it just builds and builds. After a while, if we don't deal with those feelings of anger, they can make us do or say things that we can't take back. The good news is that when we feel angry, God gives us self-control! That means he helps us stop, take a breath, and actually control how we're feeling, so we don't hurt ourselves or others.

Watch: [When I'm Angry, God Gives Me Self Control / Nehemiah](#)

God gave Nehemiah and his men self-control. Instead of letting their anger control them, they were able to control their anger. When we're feeling angry, we can deal with those feelings by talking to God, and asking Him to help us have self-control. When someone is saying something mean or doing something that hurts us, we can act like Jesus would act, by not letting our anger get the best of us!

Discuss: ○ How do you feel when someone is mean to you? ○ How do you feel when someone says sorry to you? ○ How do you feel when someone is kind to you? ○ How do you feel when someone takes a toy from you? ○ How do you feel when someone hurts you? ○ How do you feel when someone helps you? ○ Think about that thing that makes you angry: what's a way you could react that would show self-control, instead of losing your temper or acting out against others?

Watch: [Small Talk / Anger](#)

When we feel anger creeping in, it can be so easy to just let it blow up, and let our anger control us. But God wants US to control our anger instead. So when something happens that makes us mad, we need to STOP and figure out what exactly we're feeling. **It can really help just to say out loud what exactly is making us angry.**

Memory Verse: Ecclesiastes 3:4 "There is a time to cry. And there's a time to laugh. There is a time to be sad. And there is a time to dance!"

Do: Print out the [Anger Tape Measure](#) on the next page. When you feel anger creeping in this week, use this tool to help you Stop and look to God for self-control.

Pray: God, thank you for giving me self-control to help me when I'm angry. This week if I'm feeling angry, please help me to STOP and name what I'm feeling, LOOK at what's really going on around me, and LISTEN to what You have to say. Thank you for always being with me. Amen!

ANGER TAPE MEASURE

Step 1: STOP to think about what kind of anger you're feeling

Step 2: LOOK to see how your anger measures up

Step 3: LISTEN to the truths and tips below to help you deal with how you feel



- *"The Lord gives me strength. He is like a shield that keeps me safe. My heart trusts in him, and he helps me. My heart jumps for joy. With my song I praise him."* Psalm 28:7 (NirV)
 - Thank God for this feeling and what is making you feel this way!
 - When you're calm, it's easier to come up with a plan for when you're not. Think about what you will do when your anger is higher on the measuring tape.
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- *"In everything, do to others what you would want them to do to you."* Matthew 7:12 (NirV)
 - Let the person who is annoying you know that you need a break for a few minutes.
 - Do something kind for the person who is bothering you.
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- *"Turn all your worries over to [God]. He cares about you."* 1 Peter 5:7 (NirV)
 - Tell God what's going on and how you feel. Then ask Him for help and trust that He will take care of you.
 - Thankfulness helps us fight frustration and disappointment. Think of three things you can be thankful for right now.
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- *"Scripture says, 'When you are angry, do not sin.' Do not let the sun go down while you are still angry. Don't give the devil a chance."* Ephesians 4:26-27 (NirV)
 - Take a break from the situation before you do the wrong thing. Then think about the right way to respond.
 - Take some deep breaths, and ask God to take care of what is making you angry.
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- *"Get rid of all hard feelings, anger, and rage. Stop all fighting and lying. Don't have anything to do with any kind of hatred. Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done."* Ephesians 4:31-32 (NirV)
- Yell into your pillow, do jumping jacks, or rip blank paper.
- Ask an adult for help.