

OUR FAMILY PLAN	
<b>This week we can serve others by</b>	
<b>This week we can pray for these following families</b>	
<b>This week we can have fun as a family by</b>	
<b>This week we can grow closer to God by</b>	
<b>This week the kids can help parents by</b>	
<b>This week parents can help the kids by</b>	
<b>Other suggestions</b>	

ANGER



In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold. ~ Ephesians 4:26,27

THEME: Hostage: Anger

## MONDAY

### READ: Ephesians 4:25-27; Proverbs 19:11

Twelve year old Mike had a real anger problem. It seemed like every little thing bothered him. He wasn't picked first in gym class for kickball, and he got angry. His big brother wouldn't let him play video games with him, and he got angry again. His parents wouldn't let him play outside after dark, and once more he was angry and upset.

Not only would Mike get angry and upset, but he would stay like that for hours or even days. Thinking about what angered him over and over again, he would walk around school or the house sulking and moody. Soon people stopped wanting to hang out with him.

1. When you are angry, do you stay angry like Mike or do you let it go quickly?
2. What could Mike learn from our Scripture in Ephesians?
3. What could Mike learn from Proverbs 19:11?
4. How can these verses help you the next time you are angry?

### PRAYER

- ◆ Thank God that He can give you peace when you are angry
- ◆ Ask God to help you get over being angry

*Be sure to go to the back of this booklet and begin formulating a family plan for the week.*

## SATURDAY

### READ: John 16:33

Searching for the perfect picture of peace, a wealthy man announced a contest to produce this masterpiece. At the contest, the judges uncovered one peaceful scene after another. Soon, only two pictures remained. As a judge pulled the cover from one, a hush fell over the crowd. A mirror-smooth lake reflected lacy, green birches under the soft blush of the evening sky. Along the grassy shore, a flock of sheep grazed undisturbed. Surely this was the winner.

Then, the wealthy man uncovered the final painting himself. The crowd gasped. Could this be peace? A nasty looking waterfall pouring over a jagged cliff. Storm clouds exploded with lightning, wind, and rain. And in the middle of all of this was a skinny little tree that clung to the rocks at the edge of the falls. In one of its branches, a small bird had built a nest. In that nest, content and dry, three baby birds rested under the cover of mama's wings.

1. Do you think it is possible to feel peaceful when everything is going wrong?
2. What do you think Jesus is telling His followers in our Bible verse for today?
3. Do you feel Jesus' peace in your life? Why or why not?

### PRAYER

- ◆ Thank Jesus for the peace He can give no matter what
- ◆ Ask Him to fill you with that peace
- ◆ Ask God to bless the church service tomorrow

## FRIDAY

### READ: Philippians 4:6-8

When I (Mark) was a kid, there used to be a series of commercials for a bubble bath called "Calgon." The commercials usually went like this: A mother would be in her house with everything going wrong. The microwave was sparking, food was burning on the stove, the dog was running around the house muddy and barking, and the kids were yelling and fighting with each other. Totally overwhelmed, mom would look at the camera and say, "Calgon, take me away!" Then she would be magically transported into a soothing and warm bubble bath!

If only stuff like that could happen, but we know it cannot. We can, though, escape the frustrations of life when we focus on the great peace that God has for us.

1. When life really gets you frustrated what do you usually do?
2. How do our Bible verses tell us to go about experiencing peace instead of anxiousness or frustration?
3. When you are angry, how can thinking about good things help you get rid of your anger?
4. Next time you are angry, will you give prayer and thinking good thoughts a try?

### PRAYER

- ◆ Thank God for the ways He gives us to deal with anger
- ◆ Ask God to remind you to pray and think good thoughts the next time you get angry or frustrated

## TUESDAY

### READ: Proverbs 14:29; 29:11

At a soccer game in Venezuela, a player from the visiting Columbian team got angry at a player from the Venezuelan team. So angry, in fact, that he punched the player right in the face. Soon, players from both sides started fighting each other in an all-out brawl. Fans from both sides also got into the fight. Some climbed the fence surrounding the field, ran onto the field, and started fighting. Other fans fought in the stands.

Soon thousands were climbing the fences. Some to get onto the field to fight, others to get away from the fighting. All the weight of the people on that fence caused it to collapse killing a few people and injuring several others.

1. Have you ever seen how one person getting angry can lead to many people getting angry? If so, what was the situation?
2. What could have happened differently if the soccer players had read our verses for today?
3. When it comes to the two kind of people shown in both Proverbs, which one are you? Explain your choice:
4. What can help you better deal with anger?

### PRAYER

- ◆ Thank God for His Word which can help you make good choices and decisions
- ◆ Ask God to lead you closer to Him and further and further away from sinful anger

## WEDNESDAY

### READ: Matthew 21:12-17

"Jesus got angry!?" Asked 9 year-old Alexandra after her father read the story of Jesus turning over tables in the Temple and driving out the merchants.

"Yes, Alex. Jesus did get angry." Dad answered back.

"But I thought being angry was bad?"

"Well, it can be bad." Dad started, "but it can also be good."

"Anger can be good?" Alex was really confused now.

"That's right!" Dad smiled. "Now, anger is bad when it makes you sin by saying hurtful words or making hurtful choices. But we should be angry at sin; angry that people go to bed starving when others are very rich; and angry at ourselves when we make bad choices."

1. Were you surprised like Alex to see that Jesus got angry?
2. When is anger okay?
3. When is anger not okay?
4. About what things should Christians be angry enough to want to make a difference?

### PRAYER

- ◆ Thank God for the good parts of anger
- ◆ Ask God to give you the wisdom to know the difference between good anger and bad anger

## THURSDAY

### READ: Proverbs 17:1

Bobby came home from school, slammed the door behind him, threw his bookbag onto the floor, and stomped into the living room red-faced and angry. He was so angry that his jaw was actually starting to hurt because he was clenching his teeth so hard. He wanted to shout and yell so much that he could hardly stand it anymore.

Meanwhile, Mom was seated on the loveseat in the living room. Cuddled in her arms was little three year-old Stephanie. Mom was softly reading a book to her. Little Stephey was bright-eyed and smiling as mom lovingly read away. It was a beautiful picture of peace and comfort...a picture about to be ruined by Bobby!

1. Has someone's bad attitude or anger ever ruined a day at your house?
2. Why do you think our verse states that it is better to just eat dried, crusty bread and have peace, then to eat a feast and have anger?
3. Which would you rather have?
4. How can prayer help during "angry times"?

### PRAYER

- ◆ Thank Jesus that He can give peace instead of anger
- ◆ Ask God to remind you to pray when you are angry