



**WHY AM I
SO ANGRY???**

OPENING PRAYER (2 mins):

Choose one family member to open your time in prayer.

FAMILY CHECK-IN

(5 - 10 minutes, depending on family size):
Share the best part of your day

SUPPORTING:

(can go 5 minutes, depending on family size)
The Angry roar. Who has the loudest, most intense, most scary angry roar? Let's have an angry roar competition.

FAMILY CONVERSATION

Family Conversation: (aim for about 15 - 20 minutes of conversation)

Question of the Day: What is something you see or hear that REALLY MAKES YOU ANGRY???? Why?
(all family members must answer these questions)

BIBLE VERSE:

²⁶ *Don't get so angry that you sin. Don't go to bed angry*
²⁷ *and don't give the devil a chance.*

- Ephesians 4:26 & 27 CEV

Everybody gets angry. Everybody. Mommy, daddy, the kids. Everybody in the house has definitely seen everyone in the house angry. And do you know what? You will more than likely see each other angry again.

To get angry is human. It's not a sin if you get angry. Everyone repeat that together...

"IT'S NOT A SIN IF YOU GET ANGRY"

The sin is when you get too angry that you can't control yourself. That's why the verse says don't get so angry that you sin.

FAMILY DISCUSSION BREAK:

1. Share a time when you got angry but you didn't let it control you? How did you do it?
2. Share a time when you got angry and you let it control you and things got really bad? How did you feel when things got really really bad?



You can control your anger. Everyone repeat that together... **"YOU CAN CONTROL YOUR ANGER"**

I know for some people, it feels really hard to do, but God will give us the strength. And when you DON'T control your anger, do you know what you are doing? You are giving the devil a chance. A chance to do what?

- Destroy something because of your anger
- Hurt somebody's feelings because of your anger
- Physically hurt someone because of your anger
- Miss out on an fun opportunity because of your anger
- Be kicked out of school/work because of your anger
- Mess up your future because of your anger

Every human gets angry. But every human can control your anger. If you tell yourself that you cannot control your anger, you are lying to yourself because the bible says you can do ALL THINGS!!!

¹³ For I can do everything through Christ,[d] who gives me strength. - Philippians 4:13 NLT

NOW, CHECK THIS OUT...

You can stop anger from controlling you and here is how: It's called the **STOP** technique...



Here are 4 things to do when you feel yourself getting Angry.

- 1. Step** - Step away from who or what is making you angry
- 2. Time Out** - Give yourself a time out until you are calm (no less than 10 - 15 minutes; but if you are still angry after that, stay away longer)
- 3. Other** - Check in with another person who can help you calm down (a family member or friend)
- 4. Pray** - Pray with the person who helped calm you down and ask them to check in on you to make sure you're okay.

Step. Time Out. Other. Pray. STOP!

ACT IT OUT!

At this point, let's pretend/role play and act out the STOP Steps and see how it looks...

- Have someone be the person that gets angry.
- Have someone be the person that gets the person angry
- Have someone be the Other that helps calm down the angry person

This won't guarantee that it will stop moments when you get angry, but it's a good start.

FAMILY PRAYER

God,

Please help us to control our anger, and not let our anger control us. Please help us to remember to STOP and not give the devil a chance to destroy important things in our lives. In Jesus Name! Amen