

WEEK 3 | JANUARY 2025

# WHEN YOU'RE ANGRY, TALK TO GOD

*Bible Reference:*

*Slow to Anger*

*James 1:19*

## MEMORY VERSE

"Be strong, all you who put your hope in the Lord. Never give up."

Psalm 31:24, NIRV



Think of 3 things that make you angry. This helps you identify your **triggers**.



*(E.g. When you are unfairly punished, when your sibling teases you, when your friend lies to you)*

Write or draw them in the space here.



Think of 3 things you can do when you are angry to help you to cool down. This helps you with **anger management**.



*(E.g. Walk away, take deep breaths, counting to 10, scream into a pillow, squeeze a stress ball, talking to someone)*

Write or draw them in the space here.

Think of 3 things you must not do when you are angry. This helps you establish **boundaries**.



*(E.g. Never hit someone when you are angry, never say hurtful things you will regret, never do something to hurt yourself)*

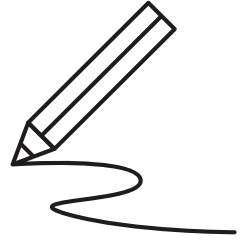
Write or draw them in the space here.

## Part 2:

The Bible teaches us to be slow to anger. Discuss with your Small Group what that means. Write down some answers below.

*Examples:*

1. *Be patient to listen first*
2. *Be slow to respond*
3. *Give warnings*
4. *Be forgiving*



Sometimes, situations may get out of our control. However, we can choose how we respond. We can choose to remain calm and not lose our cool. Even if we do get angry, we should not hurt others. We should process our feelings by talking to God about it.

### Midweek activity:

Use what you have learnt today about triggers, anger management and boundaries to help someone you care about. Teach them some useful tips on how to be slow to anger, and learn some new ideas from them too!



Dear God, teach me to be slow to anger, just like You. It is foolish to be quick-tempered. I do not want to be ruled by anger. Help me to be patient, understanding and forgiving. In Jesus' name I pray, Amen.