



# All Christians' Fellowship International

INTERACTIVE SUNDAY SCHOOL OUTLINE FOR YOUTHS AND YOUNG ADULTS

## Title: Anger

**Objective:** The student will learn what the Bible says about anger and different ways to deal with anger.

We all know what anger is, and we have all felt it: whether as a fleeting annoyance or as full-fledged rage. Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at home, school and at work. It could also hurt your relationships, and the overall quality of your life. And it can make you feel as though you are at the mercy of an unpredictable and powerful emotion.

### Class discussion

*Please use the verses and questions below to have a class discussion about the topic.*

*Also, if students tend to not volunteer to answer questions, call on a random person. Participation makes people to understand better.*

As a group read **Psalms 37:8-9** and discuss the following:

1. What does this passage say anger causes?
2. How can anger cause harm?
3. Can anyone share a specific example?

As a group read **James 1:19-20** as a group and discuss the following:

1. This passage lists the qualities needed during trials. Can anyone tell me what it lists?
2. Why is slow to wrath a cool quality to have during trials?
3. The passage says that the wrath of man does not produce the righteousness of God. What do you think that means?

As a group read **Matthew 5:22** and discuss the following:

1. Who does this verse say will be in danger in judgment?
2. Why is it important for us as Christians to control our anger?

As a group read **Ephesians 4:26-31** and discuss the following:

1. What does it mean to not let the sun go down on your anger?

2. Why do you think God wants us to settle anger before we sleep?
3. The verse line of this passage says to be angry and not sin. Is it possible to be angry and not sin? How so?
4. In vs 31, we are instructed to put away anger. How can we do this?

Sometimes controlling our anger can be difficult. We are all human beings and people will hurt you, make mistakes, and treat you bad. However, as Christians God expects us to control our anger and it is our job to make sure we do this. Let us work together to figure out how we can control our anger.

### **Dealing with anger**

Here are a group of different ways to control anger. Read each one of it and explain how they can be applied in an example.

#### **Anger Control Methods:**

- Change your environment/surroundings.
- Use Humor
- Improve communication.
- Problem Solve
- Avoid things that tend to make your angry
- Create an alternative to what makes you angry.
- Pray about it.

Remind yourself that getting angry is not going to fix anything, that it will not make you feel better (and may make you feel worse).

To learn more about some other methods watch this short Video clip – You may just click on the link or copy it and paste it in your URL.

<https://www.thehopeline.com/how-to-deal-with-anger-ep-23/>

### **Closure**

Let the group reflect on how they deal with anger. Ask your students “How will you deal with anger the next time you feel yourself getting mad?” Allow everyone to speak on this.