



Family Time with God

Week 7—Anger

YOU WILL NEED: Your Bible marked at James 1:19-20 and Ephesians 4:26-27.

GAME

Play a word association game with your family. One at a time tell each family member a word and have them say the first word that come to their minds. The following are some good words to use:

Friend / Food / Lunch / Favorite / Good / Apple / Angry / Hot / People / Boy / Hurt / Bad / Tongue / Fish / Lake / Girl / Enemy / Orange / Teasing / Banana / Church / Road / God / Feeling / Heaven / Temptation / ...and so forth.

SAY: Some of the words we asked you have to do with anger and hurt feelings.

ASK: **When was the last time someone hurt your feelings? What happened? What did you do?**

ASK: **What makes you angry?**

Read James 1:19-20 from your Bible

ASK: **What does this verse tell us about how to respond?**

ASK: **Is it wrong to get angry?** (No, it's not. God was angry at times in the Bible. In John 2 Jesus was angry over what the religious leaders were doing in the temple. Listen to the following verse...)

Read Ephesians 4:26-27 from your Bible

SAY: This verse shows us that it's okay to be angry as long as your anger doesn't lead you into sin. Here's the test to help you anytime you're angry:

- (1) Are you angry for the right reason?
- (2) Are you showing the right response? (You can be angry for the right reason but have the wrong response.)
- (3) Are you taking care of your anger in the right time? (In other words, don't stay angry.)

STORY

Share with your family a time when you were angry. Were you angry for the right reason? Did you have the right response? Did you take care of your anger in a timely manner?

ASK: **Who else would like to share a story about a time they were angry.**

PRAY and thank God for teaching us right and wrong and how to live.