



PARENT GUIDE

EMOTIONS
WHAT DO I DO WHEN I'M MAD?
MARCH 15, 2020

Say the point and Bible verse together.

If I'm angry and I want to fight, God can help me do what's right.

Ephesians 4:26 NIRV

... *"When you are angry, do not sin." Do not let the sun go down while you are still angry.*

How is this Bible verse helpful? *Answers will vary*

Discussion Questions

1. **What sins are you tempted to do when you're angry?** *Answers will vary.*
2. **What advice would you give someone who pretends they're not angry?** *Answers will vary.*
3. **How does it make you feel if people hit, yell, ignore you, or fight because they're angry?**
Answers will vary.
4. **How do you think other people feel if you do those things?** *Answers will vary.*
5. **Think of a time you or someone you knew was mad but didn't sin. Share it with the group.**
Answers will vary..

Action Step Questions

1. **If you get mad this week, what can you do to cool down and say no to sin?** *Answers will vary.*
2. **Talking with a trusted adult helps when we're angry. Who can you talk to if you're angry and you can't calm yourself down?** *Answers will vary.*

Pray together

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please help us to forgive others, calm down, and say no to sin when we're angry. Thank You for Your peace. In Jesus' name, amen.