

Read: "Schoolyard Scuffles" #Anger

Add the "Rad-Factor!"

Bring a Little Debbie Snack to share with the group.

Intro: Imagine a tall glass of water—it's crystal clear purified water ready to quench your thirst. Now imagine taking some red food coloring and dropping a single drop into it. For a few seconds it spreads around on the surface of the water, eventually swirling down and sinking itself in. If you held the glass up to the light you wouldn't be able to see much difference in the water from just a single drop, but the more drops you put in, the more the red coloring begins to take over. Eventually your clear water becomes a diluted, crimson liquid that doesn't look as refreshing as it did before. It has changed. The change starts when we let just a little anger into our lives.

Scriptures:

James 1:19-20 (NASB) - This you know, my beloved brethren. But everyone must be quick to hear, slow to speak *and* slow to anger; for the anger of man does not achieve the righteousness of God.

Galatians 5:22-23 (NASB) - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Quote: "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." – Martin Luther King Jr.

Discussion Questions:

Have you ever gotten angry, acted on it, and regretted it?

Is it ever okay to get mad or upset? Why or why not? If so, give an example.

At what point does anger become a sin?

What are some other things the Bible has to say about anger? Scriptures?

Add your own activity or additional discussion questions here:

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