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Be slow
to anger!



CREATED BY
Kim Sorgius

AND THE
NOT CONSUMED TEAM

CONTRIBUTORS:
JESSICA SCHAAL
MARK SHIDELER
ARDEN KOHOUT

DESIGNER:
EMILY SHEEDER

ILLUSTRATOR:
RAMONA KURTEN

EDITORS:
DEVVY LEYS
STAR KIRBY
KIMBERLY ALEXANDER
SOPHIA STOUFFER
CRYSTAL MARCUM

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WHAT'S IN THIS Study?

DAY 1: Am I Angry?

DAY 2: What the Bible Says About Anger

DAY 3: What Happens When We Get Angry

DAY 4: The Deeper Problem With Anger

DAY 5: When People Do the Wrong Thing

DAY 6: When People Hurt Me

DAY 7: When People Mistreat Me

DAY 8: When People Don't Respect Me

DAY 9: When Someone Does Better Than Me

DAY 10: When People Tell Me What to Do

DAY 11: When People Annoy Me

DAY 12: When I Don't Get What I Want

DAY 13: When Life Is Disappointing or Difficult

DAY 14: When I Make a Mistake

DAY 15: When God Doesn't Do What I Want

DAY 16: When Doing Right Doesn't Work Out

DAY 17: Managing Anger: Part 1

DAY 18: Managing Anger: Part 2

DAY 19: Let God Help You With It

DAY 20: Who Will You Worship?



Primary Level

What Happens When We Get Angry

We saw on Day 1 that blowing up and bottling up are different, but they both cause hurt to us and the people around us! Whether it's loud and noticeable or quiet and hidden, all anger causes damage in three different ways.

SPIRITUAL DAMAGE

In Ephesians 4:26–27, Paul warns us that anger gives the devil an advantage. When we lose control of our anger, we actually give the devil influence in our lives. That's pretty serious!

Read ^{REVERSE} **Proverbs 25:28**. How does Solomon describe a person who can't control their emotions?

In Bible times, important cities had walls around them to keep invaders out. To conquer a city, an enemy would first need to break down the wall to let their army in. Solomon says that a person who can't control their emotions is like a city that has been broken into and defeated. If we get angry easily, we've been defeated spiritually!

EMOTIONAL DAMAGE

Read **Psalms 37:8**. What does anger lead to?

In a flash of anger, I once said something unkind to a close friend. Although I apologized afterward, nothing could undo the damage my words had caused. We can control our anger, but once we allow it to blow up, we can't control the damage it causes! Angry words or actions cause pain to others that may never completely heal.

PHYSICAL DAMAGE

Read **Proverbs 11:17**. Who does a cruel man hurt?

This verse teaches that cruelty is self-destructive, and it comes from an angry heart. Often, anger causes us to hurt others and hurt ourselves too.

Sinful anger is destructive
spiritually, emotionally, and physically.

Draw a wall around the heart so you remember to guard against the hurt and damage anger causes.



Pray and ask God to forgive you for any anger you have displayed. Ask Him to help you avoid the destruction of uncontrolled anger.

Junior Level

What Happens When We Get Angry

Do you remember the two types of anger we mentioned on Day 1?





Blowing up and bottling up are different, but they both cause hurt to us and the people around us! Whether it's loud and noticeable or quiet and hidden, all anger causes damage in three different ways.

SPIRITUAL DAMAGE

In Ephesians 4:26–27, Paul warns us that anger gives the devil an advantage. When we lose control of our anger, we actually give the devil influence in our lives. That's pretty serious!

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EMOTIONAL DAMAGE

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PHYSICAL DAMAGE

Read **Proverbs 11:17**.

Who does a cruel man hurt? » _____

This verse teaches that cruelty is self-destructive, and it comes from an angry heart. The inner trouble of an angry person will eventually destroy them if it is left unresolved. That's why the physical results of anger often show up in headaches, heart problems, not being able to sleep, and even injuries we cause to ourselves by punching or kicking things.

**Sinful anger is destructive
spiritually, emotionally, and physically.**

Describe a time when your anger caused hurt or damage to you or someone else.



When things blow up or explode, the cleanup and rebuilding can last for years. In the same way, our anger can get out of control and cause harm that takes years to heal from. Sometimes, these hurts can even be impossible to fix. This is why we are going to spend the upcoming lessons learning how to control our anger so we can avoid destruction!

Pray and ask God to forgive you for any anger you have displayed. Ask Him to help you avoid the destruction of uncontrolled anger.

Youth Level

What Happens When We Get Angry

Do you remember the two types of anger we mentioned on Day 1?





The atomic bomb and Mount Vesuvius were very different from each other, but both events had catastrophic results that hurt a lot of people. Blowing up and bottling up are different types of anger, but both are extremely destructive! All anger causes damage in three different ways.

Spiritual Damage

Read *Ephesians 4:26-29*. Explain these verses in your own words.

In this passage, Paul warns us that anger gives the devil an advantage. When we lose control of our anger, we actually give the devil influence in our lives. That's pretty serious!

Read ^{KEY VERSE} *Proverbs 25:28*. How does Solomon describe a person who can't control their emotions?

In Bible times, important cities had walls around them to keep invaders out. To conquer a city, an enemy would first need to breach the wall and then tear it down to let their army in.

Solomon says a person who can't control their emotions is like a ransacked city that has been broken into, conquered, and left for ruin. If we get angry easily, we've been defeated!

Emotional Damage

Read *Psalms 37:8*. Why does this passage admonish us to control our anger?

In a flash of anger, I once said something unkind to a close friend. Although I apologized afterward, no amount of remorse could undo the damage my words had caused.



You can control whether or not a bomb goes off, but you can't control where the shrapnel flies. In a similar way, you can control your anger, but you can't control the damage it causes. Angry words or actions cause pain to others that may never completely heal.

Physical Damage

Read *Proverbs 11:17*. What does this verse teach about emotions?

This verse teaches that cruelty is self-destructive, and it comes from an angry heart. The inner trouble of an angry person will eventually destroy them if it is left unresolved. That's why side effects of anger include headaches, heart problems, stress, and insomnia, along with self-inflicted damage from punching or kicking things.

**Sinful anger is destructive
spiritually, emotionally, and physically.**

Describe a time when your anger caused damage to you or someone else.



After the atomic bomb detonated, Hiroshima took years to rebuild. After Mount Vesuvius erupted, Pompeii was never rebuilt. Similarly, anger causes damage that is difficult or impossible to fix. Let's learn in upcoming lessons how to control our anger so we can avoid destruction!

Pray and ask God to forgive you for any anger you have displayed. Ask Him to help you avoid the destruction of uncontrolled anger.

Parent Guide

What Happens When We Get Angry

Do you remember the two types of anger we mentioned on Day 1?





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Emotional Damage

Read *Psalms 37:8*. Why does this passage admonish us to control our anger?

In a flash of anger, I once said something unkind to a close friend. Although I apologized afterward, no amount of remorse could undo the damage my words had caused.

You can control whether or not a bomb goes off, but you can't control where the shrapnel flies. In a similar way, you can control your anger, but you can't control the damage it causes. Angry words or actions cause pain to others that may never completely heal.

You can illustrate this with a tube of toothpaste. Have your kids squeeze the paste out of the tube and then try to put it back in. Explain that when we explode in anger, we do things that can be forgiven but never forgotten.

Physical Damage

Read *Proverbs 11:17*. What does this verse teach about emotions?

This verse teaches that cruelty is self-destructive, and it comes from an angry heart. The inner turmoil of an angry person will eventually destroy them if it is left unresolved. That's why side effects of anger include headaches, heart problems, stress, and insomnia, along with self-inflicted damage from punching or kicking things.

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Pray and ask God to forgive you for any anger you have displayed. Ask Him to help you avoid the destruction of uncontrolled anger.

Scripture: Proverbs 25:28

Key Truth: Sinful anger is destructive spiritually, emotionally, and physically.

Discussion: How does anger give the devil an advantage over us? What are ways you have seen anger be destructive?



INCLUDES:



MAKING LEMONADE:

Trusting God through life's struggles



FEAR NOT:

Quieting fear and anxiety with God's truth



DON'T BLOW UP:

Seeking God's way instead of anger



LETTING GO:

Choosing forgiveness over bitterness



ABOUNDING IN HOPE:

How to resist hopelessness and despair

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DON'T BLOW UP

We all get angry sometimes—it might even be our first response when **hard things** happen or we don't get our way. While **feeling anger** isn't always wrong, the way we deal with it can be!

Don't Blow Up is a Bible study on what anger is, the **problems** it can cause, and how to **deal** with it God's way. You **don't** have to bottle up your anger or blow up when people push you too far. You can rely on God's help to **control your anger** instead of letting it control you.

