



Dealing with our ANGER



*There are things that can get us angry:
A person (normally a family member!) a situation, sometimes we get angry at ourselves, or even God. But it is never good to keep it in.*

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to get angry (*Why?*) because human anger does not produce the righteousness that God desires. Therefore get rid of all moral filth, and the evil that is so prevalent and humbly accept the word planted in you, which can save you.”

James 1:19-21



One of my favourite youtube channels is Kid President. If you haven't seen it check this video on:

[How to disagree with people \(without making everybody feel terrible\)](#)



Find a couple of pebbles that can represent people or situations that can get you angry. Be honest. Write on the pebble these things. When you are next out for a walk, see if you can go past a stream or river and throw the pebble in the water. Say a little prayer or remember these verses from Ephesians or James. *OR* if you can't get to water, throw at some over grown bushes!

This is a sign of you letting go of your anger. God doesn't want us to hold on to our anger, we need to let them go.

The next time we feel angry, try to 'listen and think before you speak (pray).