

# YOU MAKE ME SO MAD

1. From the situations listed, circle three that would make you really mad.
- a. Someone swears at you.
  - b. Your parents ground you.
  - c. You flunk a test.
  - d. You have to do two hours of homework.
  - e. Someone steals your bike.
  - f. Your mom asks you to help with the dishes, and you're already in a bad mood.
  - g. Someone threatens you.
  - h. A friend talks about you behind your back.
  - i. Your parents blame you for something you didn't do.
  - j. A sibling takes something of yours without asking.
  - h. Your boyfriend or girlfriend dumps you.



2. Answer the following questions about anger.

When my mom gets mad, she—

When my dad gets mad, he—

When I get mad, I—

3. Darrin is standing patiently in the cafeteria line when two guys push their way into the line, cutting in front of Darrin. He's shoved off balance, falls down, and loses his place in line. The two guys just laugh at him.

How would you feel if you were Darrin?

What would you do if you were Darrin?

4. Decide what's right from the following statements, and write **Y** (yes) or **N** (no).
- \_\_\_ a. I have the right to be angry with someone who hurts me.
  - \_\_\_ b. People who lose their temper are immature.
  - \_\_\_ c. Anger is a sin.
  - \_\_\_ d. Christians should show their anger differently from non-Christians.
  - \_\_\_ e. Don't get mad, get even.

5. Choose one of the following Bible verses to rewrite in your own words.

Proverbs 14:17

Proverbs 15:1

Ephesians 4:26-27

# YOU MAKE ME SO MAD [ a n g e r ]

## THIS WEEK

Anger is a powerful emotion and a difficult one to handle, especially for teenagers. It has been said that "anger, like fire, finally dies out—but not before it leaves a path of destruction." Most young people don't know how to deal with anger. This TalkSheet gives your group a chance to talk about anger, healthy solutions, and how a Christian should handle it.

### OPENER

Before the meeting, ask one of your group's members to help you with the intro. Tell the kid that you are going to role-play anger and he or she needs to pretend to annoy you. During the opening of the meeting, the music, the announcements, and the games, your volunteer should constantly disrupt the meeting. Then just before the discussion begins, pretend you have lost your patience and blow your top. Tell the student actor to get out and never come back, in no uncertain terms. Let the group hang for a minute, let your "anger" cool, and then let them into your ruse. Did they actually think you were angry? What did they think when you blew up?

### THE DISCUSSION, BY THE NUMBERS

1. Allow enough time for the kids to share the items they circled. Communicate that they don't have to let other people or circumstances make them mad—they do have a choice. Anger is an issue of self-control, which is hard to have sometimes!
2. Oftentimes, your kids handle anger the same way our parents do. This item may help them understand their own reactions. Let individuals talk about the different ways in which they and their parents handle anger.
3. You can use this attention-getter to role-play a true-life situation with the group. Ask the kids to think of their own frustrating situations to solve and discuss.
4. Many young people have difficulty expressing anger. They either hold it inside or let it out in destructive ways. Some may feel anger is a sin. Anger is an emotional reaction—not a sin. It's what they do with the anger that counts. Discuss healthy ways to deal with anger—but don't gloss over the fact that it's okay to get mad sometimes. Especially if that anger can lead to positive outcomes, like fixing a friendship, mending a relationship, or understanding a situation better.
5. Ask several kids to share their paraphrased verses and apply them to their own lives. Discuss

that Jesus experienced anger, too (Matthew 21:12-13). Even God gets angry (Joshua 23:16)! Also, point out that God gives us peace and is able to take anger away. Challenge your youth to ask God to help them deal with their anger and ask him to fill them with his peace.

### THE CLOSE

Norman Vincent Peale said, "The next time you feel a surge of anger, say to yourself, 'Is this really worth what it's going to do to me and another, emotionally? I will make a fool of myself. I may hurt someone I love, or I might lose a friend.'"

Challenge your group members to deal with their anger in healthy ways. Encourage them to take some time to cool off. Assure them their angry feelings are not sinful—it's the reaction that they need to control.

Also, you may want to discuss what happens when people let their anger go too far. Some of your kids may have abusive parents, broken homes, or substance abusers in their families. It's crucial to communicate that it is never acceptable for a parent, boyfriend, or other person to hit them out of anger. Remind them that if they or a friend is ever in an abusive situation, they must seek help from a trusted adult—a teacher, school counselor, or pastor. Assure them that you are there for them as a confidential source of support and help. For more information and links on physical abuse, check out the National Exchange Club Foundation ([www.preventchildabuse.com](http://www.preventchildabuse.com)) or the American Humane Association ([www.americanhumane.org](http://www.americanhumane.org)).

### MORE

- You may want to take some time to talk about the impact of anger in our society. List some current situations in the news that relate to anger, such as examples of school violence, gang activity, rape, or other crimes. Communicate that ours is a very pressured society—there are so many expectations some people can't deal with. What role can your kids play to be peacemakers among their peers and families?
- Have your kids surf the Internet for information on hate groups—they are everywhere. Some include skinheads, neo-Nazis, and white supremacists. You may be surprised at what your kids already know about these—they are nearly in every school across the country. Take some time to learn more about these if you don't know anything about these groups. Discuss the motives behind these groups, what issues they are angry about, and what your kids can do to deal with these groups.