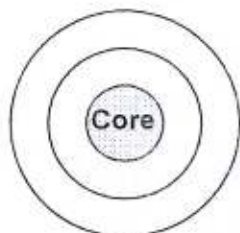


A Young teen seekers	B Older teen seekers	C Young teen disciples	D Older teen disciples
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Equipment

- Bibles

Aim

To look at anger and some possible ways to deal with it.

Intro

Prior to the meeting, arrange for 2 members of the group to have a heated argument as they sit in their seats.

Then calm them down, and introduce the study by reading Proverbs 14:29.

"If you stay calm you are wise, but if you have a hot temper, you only show how stupid you are."

Group Work

Ask the group to divide up into groups of two/three and put together a typical 'angry' scene with which they are familiar. Keep the skit to no more than 60 seconds.

Discussion

After the skits, spend some time discussing each of the following points about a Christian response to anger.

*God created anger, so do not despise the emotion. God gets angry at evil, injustice etc. Read Jesus' anger...Mark 3:1-6.

*Be angry but do not sin - it's not sinful to be angry with a situation, but that anger must not be nursed and allowed to 'grow' into hatred and bitterness. Read Ephesians 4:26,27.

*Be slow in responding - our natural reaction is often selfish and not for good. Count to ten before replying?! Read James 1:19-21.

Brainstorm

Discuss ways to deal with anger in the future...without immediately exploding or holding it in which would lead to resentment. Collect all suggestions offered.

Possible ideas might be.....

- (A) admit your anger to yourself and God.
- (B) reflect on why that event/situation made you feel anger.
- (C) pray.
- (D) share your feelings with another person who may be able to help.

Re-play

Divide back into drama groups and get each one to work on a re-enactment of their initial skit, using an idea from the discussion as a basis. Report back in words or a new drama.

Pray

Pray thanking God for His character, and pray that each of you will be continually transformed to be in His image - in the words of Psalm 103:8.

"The Lord is merciful and loving, slow to become angry and full of constant love."