

Emotions - Konnect What Do I Do When I'm Mad?



Say the point and Bible verse together.

If I'm angry and I want to fight, God can help me do what's right.

... *"When you are angry, do not sin." Do not let the sun go down while you are still angry. Ephesians 4:26 NIRV*

How is this Bible verse helpful?

Choose a few review questions.

1. What sins are you tempted to do when you're angry?
2. What advice would you give someone who pretends they're not angry?
3. How does it make you feel if people hit, yell, ignore you, or fight because they're angry?
4. How do you think other people feel if you do those things?
5. Think of a time you or someone you knew was mad but didn't sin.

Choose an action step question.

1. If you get mad this week, what can you do to cool down and say no to sin?
2. Talking with a trusted adult helps when we're angry. Who can you talk to if you're angry and you can't calm yourself down?

Pray together.

1. Ask your child to share things they'd like to pray about.
2. Write down their prayer requests.
3. Pray together over the prayer requests.

Not sure what to pray? Pray this: God, please help us to forgive others, calm down, and say no to sin when we're angry. Thank You for Your peace. In Jesus' name, amen.