



Saint Louis School MLC

Thursday, January 25, 2007

Dealing with Anger and your Emotions

Opening Song

Opening Prayer

Lord, why do "the little things" get to me? Why do I "go off" at the things that shouldn't bother me at all? I've tried to deal with my anger on my own -- to mentally stop myself before I go into rage. Sometimes it works, other times I think, "Why am I stopping myself?" And those rages are worse than all the others! Help me Lord! I need peace from you, the Prince of Peace. I need your help, your love, and your deliverance from the Spirit of Anger. Thank you for answering my prayer. In Jesus Name.

Amen

Ephesians 4:26-32

And "don't sin by letting anger gain control over you."* Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil. If you are a thief, stop stealing. Begin using your hands for honest work, and then give generously to others in need. Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he is the one who has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Reflection Questions

What kinds of things are you angry or frustrated about? (Please write the answers to this question on the small piece of paper you have been provided.)

What do you need to do in order to let these frustrations go?

How can God or your spirituality help you deal with your frustrations?

Why is it so important to be positive and not dwell on negativity?

Activity:

Take the piece of paper you have written your frustration on, fold it up, and tape it onto a giant Jenga Block. Play the game of Jenga pulling out pieces one by one. Let your frustrations fall away as the game is played, just as God would take care of your anger and frustrations.

Closing Prayer