Get A Grip On Anger!

Boy, am I MAD!!
I'm going to show him!
Just wait till I get a hold of ….!
Grrrrrr!!!

Do you ever feel like that?
That's anger. Angry is a very frustrating way to feel.
We think of all the things we're going to say,
or the ways we'll get revenge,
or how to make someone pay for something they've done.

You know what anger does to us? It makes us blind – in our hearts. We stop seeing people for who they really are. We stop seeing every colour but RED. We even begin to look a bit red – first from anger, then from embarrassment when we realize how silly we are acting.

Anger hurts. It hurts others when we say and do things without thinking. And it hurts ourselves when we lose a friend. Most of all, anger hurts the Lord Jesus. He wants us to care about others and to forgive them. That's what He did for us.

Jesus could have gotten very angry at us because He had to take the painful punishment for all of our sins
(the wrong things we do that break God's holy laws).

But He didn't do anything wrong – He was perfectly good and kind, and He loved everyone.
Instead of hateful anger,
Jesus had love in His heart.

Jesus wants us to be that way too because
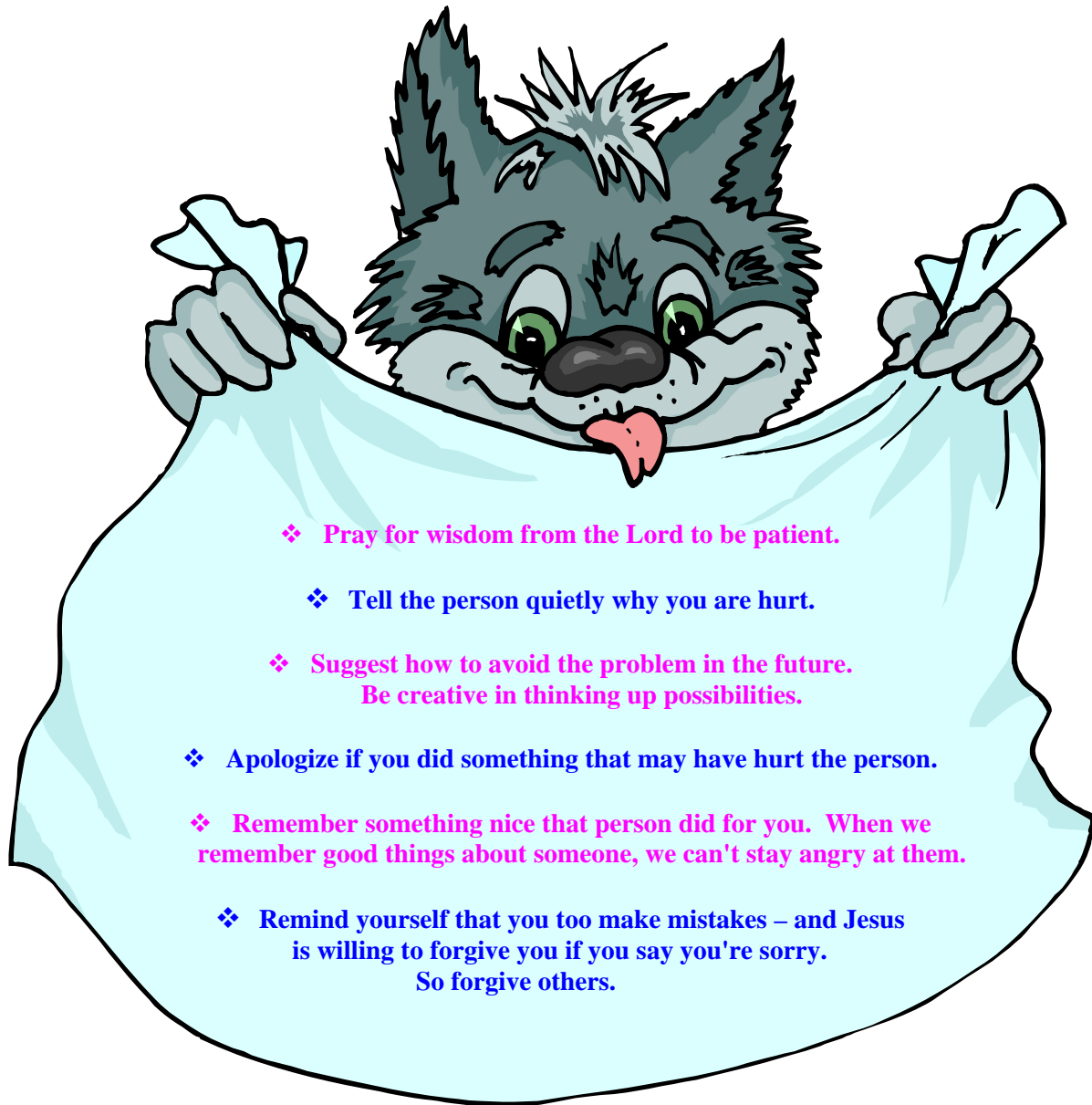He knows it's the best way to be.

The Bible tells us:

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."

– 1 Corinthians 13: 4-5

No squawking!

When you get mad at someone, here's what you can do :

❖ **Pray for wisdom from the Lord to be patient.**

❖ **Tell the person quietly why you are hurt.**

❖ **Suggest how to avoid the problem in the future.**
Be creative in thinking up possibilities.

❖ **Apologize if you did something that may have hurt the person.**

❖ **Remember something nice that person did for you. When we
remember good things about someone, we can't stay angry at them.**

❖ **Remind yourself that you too make mistakes – and Jesus
is willing to forgive you if you say you're sorry.
So forgive others.**

*Dear Lord, please help me to control my anger. Help me to be patient and kind
to others. Show me how to forgive like Jesus. Thank you, Lord. Amen.*