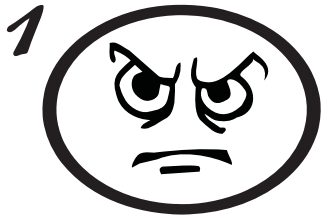


Dealing with Anger

Name _____

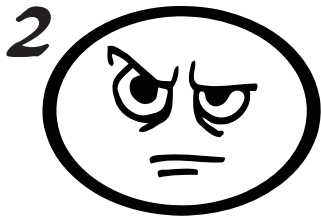
While most of us would never intentionally kill another person, there are other kinds of killing. We can kill a friendship with anger. We can kill a person's self-esteem with insults. We can hurt a person's feelings when we call that person names. Like every other commandment, the fifth commandment is a commandment of love. Jesus said, "If you are angry with a brother or sister, you will be liable to judgment" (Matthew 5:22).

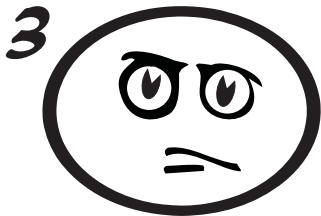
There are things we can do when we feel angry. We can pray for God to take away our anger. We can talk to the person with whom we are angry and try to settle our differences. We can do something loving for the person with whom we are angry. We can remember all the nice things we know about that person.



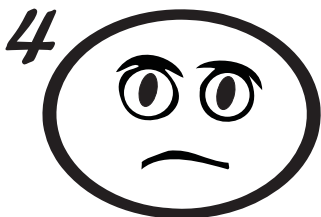
Think of one person with whom you've ever been angry. Write down a code word for the person. (Example: if the person plays soccer, make your code word "Sweeper.")

Describe how you felt when you were angry.

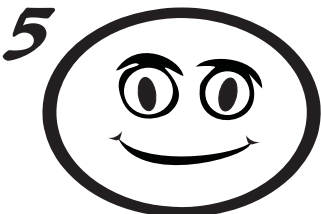




What did you do about your anger?



What do you think Jesus would have told you to do?



Name three things you do to get over being angry with someone.

