



Dealing with Anger

This can be found in Matthew 5:21-26

think

What make you angry?

In small groups each draw pictures or act out in front of the others what makes you angry and see if they can work out what makes you angry.

discover

Read: Matthew 5:21-22



Just before this teaching on anger, Jesus was telling the people that he has come to fulfil the law. Like a balloon that becomes filled with air, Jesus fills God's law with even fuller meaning.

- In v. 21-22 why do you think Jesus says that being angry with someone breaking God's rule not to murder?

Read: Matthew 5: 23-26

- Jesus is talking here to those who have caused someone else to be angry. What should they do to be at peace with the other person again?
- Thinking back to the 'Beatitudes' - how God's happy people are to live (5:2-11) how should the other person respond when being wronged?

Discuss & Do

1. Blow up a balloon and draw a large heart on it.
2. Talk about what it is that your heart most loves that is causing you to feel angry and write or draw those reasons in the heart. *e.g. not getting what we want, our wrong being found-out.*
3. Parent / leader explain that Jesus perfectly lived the good life of God's people described in The Beatitudes. Talk about what Jesus's heart most loves, and how that is different to us.
4. Attach a prayer card to your balloon and draw what you would especially like God's help with.
5. Pray together.