TRUTH for Youth

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ANGER

By Matthew Ritchey





GOD'S WORD SAYS: "Refrain from anger and turn from wrath; do not fret—it leads only to evil." Psalms 37:8.

Have you ever gotten angry? Have you been so mad that you broke something, or hit something, or said mean things to someone? The Bible has many verses that talk about the dangers of anger. Even adults struggle with anger, talking bad about people who are different or doing unkind things to others. This is not what God wants from us. Let's look at some verses that help us keep our anger in control.

Be Like God

GOD'S WORD SAYS: "The Lord is merciful and gracious, slow to anger and abounding in steadfast love." Psalm 103:8



The first key to controlling our anger is to see that God is patient. Because He is slow to anger, He sent His Son to pay the price for the sins of all people. Because God is a gracious God, He offers salvation to us even though we deserve His anger. Even after we are saved, we can do things that are not pleasing to Him, but the Bible tells us God will never be angry toward us. Our first step in controlling our anger is to know that God has called us to love, not anger. Be like God and replace anger with love,

Don't Let Anger Simmer

GOD'S WORD SAYS "Be angry and do not sin; do not let the sun go down on your anger," Ephesians 4:26

Soup usually has to simmer, meaning you keep it on a low heat until it starts to boil. This verse tells us NOT to let our anger simmer. If someone did something to us during the day, we are not to let it simmer in our minds all day and all night. This just moves our anger toward a boil. If we think and think about what makes us mad, it will someday make us act in anger. We need to deal with our anger before the day is done. We may have to talk to someone who made us mad to work it out, and we should definitely talk to God about it so He can help us with our anger. Get rid of anger right away!



Quick to Listen; Slow to Talk



GOD'S WORD SAYS: "Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God." James 1:19-20



Imagine if you were making soup for the first time and did not listen to your mom giving you instructions. The soup would probably turn out gross! Many people don't follow the Lord's instructions when it comes to anger. They are quick to talk bad and argue right away. This is not the instruction God has given to us. First, we should listen before we speak. Our first response is never to act in anger because our anger will never produce God's rightness. It just makes a mess, like gross soup. Proverbs 14:29 says that the person who is slow to anger has great understanding, but the one who is quick to be angry is foolish." We should listen to God and listen to others before getting mad.

Soft Answer



GOD'S WORD SAYS: "A soft answer turns away wrath, but a harsh word stirs up anger." Proverbs 15:1.

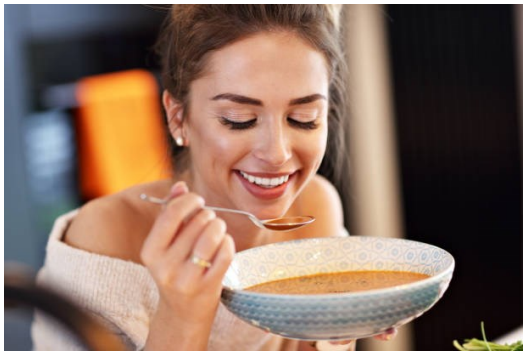
When anger wants to scream and yell and say unkind things, love will respond gently with patience. Proverbs tells us that a fool allows his anger to roam freely, while a wise person unselfishly keeps it contained (see Proverbs 16:32 and 29:11). The best way to calm down a situation when the anger soup is boiling is to turn down the heat with a soft reply. A mad response only makes the anger flames get hotter. To stop anger, answer someone softly.



Love and Kindness



GOD'S WORD SAYS: "Do not be overcome by evil, but overcome evil with good." Romans 12:21.



The Bible tells us love is kind and patient. It also tells us that only kindness can turn our enemies into friends. Always remember, Christ died for us while when we deserved God's anger, but instead of anger, God acted in love, kindness, and grace. Now, if we have trusted in Jesus Christ, we are part of God's family. The recipe God has given us uses kindness, love, grace, patience, and gentleness. Anger will ruin the soup, so throw it in the trash!

Use the box below to draw a picture of you acting in love and kindness when someone does something to make you angry.



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