



Mom2Mom
EMOTIONS – Anger Application

Teaching Time (6:35-6:55 PM)

- I. Anger is a passionate, active, moral response of the entire person to a perceived wrong or injustice.**
- II. Being good and angry are not exclusive**
- III. We must distinguish between righteous and sinful anger**
- IV. Sinful anger can look like blowing up or clamming up**

	Handling Anger Biblically
How do you apply this in your life?	
How do you help your family apply this?	
How does the way you apply this change across ages and stages of life?	

Verse of the week: Ephesians 4:26-27

"In your anger do not sin"; Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Table Time (6:55-7:40 PM)

I. Prayer

II. Discussion Questions

1. How would you like to grow in handling anger biblically?
2. How do you think you might need to help your family grow in application of this topic?
3. How do you see the application of this topic affecting your children at their current age/stage?

Reading Discussion Questions Discuss *Help! My Anger Is Out of Control by Jim Newheiser*

1. What are your biggest takeaways from this booklet?
2. What is challenging to you about this booklet?
3. In what ways have you already begun applying something you learned in this booklet?

III. Large Group Discussion Questions (7:40-7:50)

How would you like to grow in personal application of managing your emotions in a biblical way?	How do you see the application of this topic affecting each of your children at their current age/stage?