

Date Used: _____

Group: _____

YOU MAKE ME SO MAD

Topic: Anger

Purpose of this Session:

Anger is a difficult emotion for most people to handle, especially adolescents. A proverb states, "Anger, like fire, finally dies out — but not before it leaves a path of destruction." Young people experience anger frequently as they discover the world is not as ideal as they would like. But they haven't yet learned how to handle anger. This TalkSheet gives your group a chance to study anger and decide how a Christian should handle it.

To Introduce the Topic:

Ask for a volunteer actor to help you introduce this session. Before the meeting, have him or her "bug" you incessantly. During the opening of the meeting, the music, the announcements, games, etc., he/she will annoy you constantly and disrupt the meeting. Just before the discussion begins, pretend you have lost your patience and blow your top. Tell the student actor to get out and never come back, in no uncertain terms. Then let the group in on the ruse and announce you are going to talk about anger.

The Discussion:

Item #1: Allow enough time for the students to share the items they circled. Explain they can rise above certain circumstances and choose not to get angry. They do not have to let other people or circumstances make them mad.

Item #2: Oftentimes, we handle anger the same way our parents do. This item may help your students understand their own reactions. Let individuals talk about the different ways in which they and their parents handle anger.

Item #3: You can use this "Tension Getter" to role-play a true-to-life situation with the group. Ask the students to think of their own frustrating situations to solve and discuss.

Item #4: Many young people have difficulty expressing anger. They either hold it inside or let it out in destructive ways. Some may feel anger is a sin. It is not. It is an emotional reaction. Christ told us to be happy but not to sin. Anger is not the problem. It is what we do with the anger that counts. Communicate, through a discussion of these items, that anger is a normal emotion all of us have. We each need to learn appropriate ways to handle that anger.

Item #5: Ask several students to share their paraphrased scriptures and to try to apply them to their own lives.

To Close the Session:

Normal Vincent Peale said, "The next time you feel the surge of anger, say to yourself, 'Is this really worth what it's going to do to me and another, emotionally? I will make a fool of myself. I may hurt someone I love, or I might lose a friend.'"

Challenge your group members to express their anger in positive, constructive ways. Encourage them to "delay" their temper until they've had a chance to cool off. If they are still having difficulty handling anger, have them role-play pertinent situations and responses. Assure them their angry feelings are not sinful. It is their reaction that is important and within their control.

Outside Activities:

1. Have the students cut out newspaper articles during the coming week, illustrating anger. Debrief the articles by talking about why there is so much anger in our society and how they can become Christian peacemakers.
2. Have several students create a bulletin board or poster related to anger. Let them share what they have learned.
3. Ask the members to bring a rock song that expresses anger or rebellion. Play the song, then talk about why the anger was there and what could be done about it.