

Dealing with Feeling When I Feel Mad

Based on Material from Open.Life.Church

What's a funny name for a piggy bank?

Watch: <https://www.life.church/media/konnect/i-feel-mad>

Play Truth of Trash

Discussion.

Did you feel sad last week, and get God's comfort?
Did you comfort anyone who was sad last week?

If someone does something that makes us angry, we have a choice. If we do something to get back at them, we perpetuate the problem. Things will get worse and worse. If we do something to calm down, we can help make the situation better.

It's OK to feel mad, but it's not OK to sin because you're mad.
Ask God to help you calm down. If you're angry with someone, forgive them.
Then you can make a better choice.

What do you think about the theft of Mr. Piggie Giggle?
Who do you think should be mad about it?
What was David going to do when he was angry?
How did Abigail help David not to sin?
What sins are you tempted to do when you're angry?
What do you think is the reason people hit, yell, ignore people or fight when they're angry?
How does it make you feel when people hit, yell, ignore people or fight when they're angry?
How do you think other people feel when you do these things?
Think of a time when you were mad, but didn't sin. What helped you choose not to sin?

Choose a Challenge

If you get mad this week, what can you do to cool down and say no to sin?
Being mad can help us change bad situations, like when we get mad at a bully and get a grown-ups help. What's something bad that makes you mad that you can change?

Pray about anything shared

Bible reading

There is a family Bible plan that follows our "Dealing with Feeling" topics.
<https://bible.com/p/34922455/4d64d81f16b53fb23aa4d62bc454e420>
This weeks material is days 1 and 2. We'll do days 5 and 6 next week!