

Hot Topics

Anger

Leader Guide

Theme: Anger is a natural emotion that everyone has felt including Jesus. However, there is a godly time and way to handle anger that is appropriate for everyone.

Note to Leaders: *Between the stresses of being a teenager, major physical changes including the insurgence of some pretty powerful hormones, and having all of your peers going through the same things, teenage girls can get really, really angry. Anger is a normal human emotion and when handled well, even anger can be healthy. Many girls aren't even aware of their anger, much less have skills to deal with anger in a healthy, godly manner.*

School, parents, friends, driving, boys, work, and being out of your favorite cereal can all lead to feeling angry. Anger is a difficult emotion to deal with. It can make you feel out of control of your own reaction or so frustrated that you could scream. However, anger is a normal human emotion and from time to time, everyone experiences anger on some level. What are some things that make you feel angry? How do you deal with it when you experience anger?

Use the following Scripture verses in your discussion:

Read Numbers 14:18; Nehemiah 9:17; Psalm 86:15; and Joel 2:13.

- What do these verses have in common?
- What does it mean to be “slow to anger”? Does it mean God never gets angry?
- What does it mean to “abound in love”?
- How do you think anger and love relate to one another?

Read Mark 3:1–6

- If Jesus was angry, is anger a sin?
- Why was Jesus angry?
- Are there good and bad reasons to be angry? If so, how can you tell the difference? What should you be angry about?
- What should you do if you find yourself getting angry about something that doesn't really matter?

Anger is a natural part of life. Sometimes it's simply unavoidable, but here are a few great ways to handle anger effectively:

- **Identify the source.** When you find yourself getting angry about something, take a moment to pause and figure out what's making you angry. You might be getting really upset with your friend because she wants to go to a different movie than you do, but when you think about it, you're really more angry that your parents are going through a divorce or that your dad lost his job.
- **Deal with it at the right time.** If you're experiencing conflict, choose a good time to talk about it. If you're feeling hungry, tired, stressed, or depressed, it might not be the ideal time to talk through an issue. Also, make sure you have plenty of time to talk openly. Having a fight during the five minutes you have to get to class might not lend itself to the most effective communication.
- **Pause.** If you get angry about something, recognize that you don't have to deal with it immediately. Go outside, take a walk, read a book, take a moment to pray and then respond. Responding out of anger doesn't normally lead to the best results, so take your time and give yourself an opportunity to process how you're feeling before you try to articulate it.



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Read Ephesians 4:25–28

- What does this passage say about anger? How does anger lead to sin?
- How do you think anger gives the devil a foothold?
- What can you do to deal with anger in a healthy way? How can you resolve conflict better? What does this passage say about resolving conflict quickly?

Prayer: Pray with the girls to know what is acceptable to be angry about and how to handle those emotions in a God-honoring way. Encourage the girls to go to anyone who was hurt by their anger and to forgive those who have hurt them with anger.

For more information see:

- *Deal with It: A 12-Week Study on Teenage Girls' Anger* by Mary Hueber.
- *Odd Girl Out: The Hidden Culture of Aggression in Girls* by Rachel Simmons
- *Reviving Ophelia: Saving the Selves of Adolescent Girls* by Mary Pipher, PhD

For more topical Bible studies for teen girls, visit www.myhealthychurch.com/teengirls

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For Student

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