

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



A series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

- 1. You liked:
2. You learned:
3. You'd like to know:

Day 2

Read 1 Samuel 24

Have you ever heard the phrase “blood boiling”? The idea is that when we get angry, we can almost feel our temperature and blood pressure rising.

As you read 1 Samuel 24, color code the text to reflect whether David’s anger level was likely rising or falling.

Examples:

- Really angry
- Less angry
- Controlled anger

P.S. For Day 5’s activity you are going to need a latex balloon, a cup of cornstarch, and a permanent marker. And if you have a funnel, that would be helpful too, although you can do the project without it. Go ahead and ask a parent for help if you don’t have these items already.



Day 3

Sure, you can try to power through your anger when you feel it rising, but the truth is that’s very hard!

The good news is, you’re not in this alone! God has promised He will be with us always, and Jesus sent His Holy Spirit to help us. When we put our trust in Jesus, we will have a helper to keep us from being controlled by our anger.

Personalize the prayer below with a situation that sometimes causes you to lose your temper. Then read it aloud and remember: **Don’t be controlled by your anger.**

Dear God, thank You that I am not alone as I try to not be controlled by my anger. I know that You are with me, and You can help me. I sometimes lose control of my anger when

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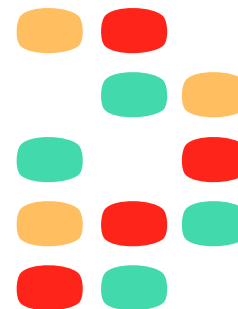
Please help me to turn to You when I am in that situation and to ask You for help in that moment instead of relying on my own strength. Teach me to turn to You, God. In Jesus’ Name, I pray, amen.

Day 4

We are not alone when it comes to controlling our anger—God is with us, and God has also given us family and friends who can help us too.

Think of someone you trust who could be a good partner as you work on controlling your anger. It could be a parent, sibling, or close neighbor or friend. Try to think of someone who is usually around or nearby when you are in those situations that tempt you to lose control of your anger.

Reach out to that person and ask them to hold you accountable to keep your anger in check. Explain to the other person what situations or people cause you to sometimes lose control of your anger. Come up with a code word you can use when you feel your anger rising, and then your friend will know to pray for you and even to step in if necessary and ease the tension of the situation. After you come up with your code word, take a minute to pray together and ask God to help you keep control when it comes to your anger.



Day 5

What makes you angry?

Today you’re going to make your own stress ball that you can use when you feel your anger rising. Grab the following items: a balloon, 1 cup of cornstarch, a funnel, scissors and a black permanent marker.

Next, use the instructions found here to make your stress ball: <https://bit.ly/38hDmwM> Note: If you don’t have a funnel, you can make one with a piece of paper as demonstrated here: <https://bit.ly/3Do31BY>

Lastly, use the marker to write “Proverbs 14:29” on the ball. Then open up your Bible or Bible app and read the verse while you squeeze the stress ball.

The next time you feel like you might lose control of your anger, grab the stress ball and give it a squeeze and remember the words of Solomon from Proverbs 14:29: “Anyone who is patient has great understanding. But anyone who gets angry quickly shows how foolish they are.” (NIRV)