



Helping Your Child Find Freedom from Anger

I. Lights on the Dashboard!

II. Understanding Anger

- A. Home first
- B. Anger follows hurt - Hebrews 12:15
- C. Anger drives grudges
- D. Anger is self-deceptive

III. Key Scriptures

- A. Ephesians 4:31, Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.
- B. James 1:20, The anger of man does not work the righteousness of God.
- C. 1 Corinthians 13:5, Love is not easily angered...
- D. Proverbs 27:4, Anger is cruel, and wrath is like a flood.
- E. Ephesians 4:26, Be angry and do not sin, do not let the sun go down on your anger, and give no opportunity to the devil.

IV. Finding Freedom

- A. Start with your own anger
- B. Press in with compassionate conversation

C. Teach the forgiveness process

1. Forgiveness with the will
2. Forgiveness with the heart
3. Reconciliation

D. Learn to talk about core feelings

- | | |
|-----------------|---------------|
| > fear | > anxious |
| > uncomfortable | > insecure |
| > happy | > sad |
| > inadequate | > overwhelmed |
| > guilty | > hurt |
| > content | > peaceful |
| > hopeless | > embarrassed |
| > lonely | > hopeful |
| ...(Angry) | |

E. Recognize the first "stirring" of anger

F. What if I can't get through?

G. Pray for the person with whom you are angry

H. Set boundaries with a toxic person, Romans 12:18

V. Q and A – Conclusion

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