

# DEVOTIONAL

for parents



Anger is such a big, powerful emotion. When we're angry about things that matter, our anger can lead us toward action. Anger can even inspire us to make the world a better place! But other times, our anger can lead us to make choices that are harmful to ourselves or others. There's no escaping situations or people who make us angry, but how we respond when we're angry is up to us. So if we can't completely avoid getting angry, what can we do? In this four-week series, we'll explore four passages of Scripture from both the Old and New Testaments that might challenge our view on anger. We'll learn practical skills like **when we feel angry, pause to ask God why**. We'll see how, when we're angry, **Jesus shows us how to respond**. And in our anger, we'll be challenged to **show grace** and **not get hurtful**.



Want to learn and grow alongside your kid as we go through this teaching series? You can! Spend a few minutes each week **studying** the passages of Scripture we'll be teaching, **praying** about what God wants to do in you and in your family, and **growing** by putting God's words into practice in your own life.

## WEEK 1

**When you're angry, pause to ask God why.**

Mark 8:31–33; Psalm 139:23–24; Psalm 86:5–7



### STUDY

Take a moment to read the passages we're covering this week.  
**What stands out to you in this passage and why?**



### PRAY

Talk to God about something that made you angry. Ask for clarity about why you felt the way you did.



### GROW

**So what's your next step?** Is there something you need to do differently next time you're feeling angry? Do you need to continue exploring the things that anger you? Do you need help dealing with feelings of anger? Whatever your next step is right now, take it.

## WEEK 2

**When we're angry, Jesus shows us how to respond.**

John 2:13–22; Amos 5:22–24; Micah 6:8



### STUDY

Take a moment to read the passages we're covering this week.  
**What stands out to you in this passage and why?**



### PRAY

Thank God for righting wrongs in the world, and in our lives, through Jesus.



### GROW

**So what's your next step?** Are there any injustices in your community God might be calling you to do something about? Do you need to learn more about an injustice you don't know much about? Do you need God's comfort after a tiring battle for justice? Whatever your next step is right now, take it.



## WEEK 3

**When you're angry, you can still show grace.**

John 3:1–17; Ephesians 4:31–32; 2 Corinthians 12:9



### STUDY

Take a moment to read the passages we're covering this week.

**What stands out to you in this passage and why?**



### PRAY

Who is someone you're more likely to be angry with than show grace to? Pray for them today.



### GROW

**So what's your next step?** Is there someone you need to show grace to, instead of anger? Do you need help or wisdom from God or a person you trust? Whatever your next step is right now, take it.

## WEEK 4

**When you're angry, don't get hurtful.**

Psalms 119:9–16; Ephesians 4:22–27; Romans 12:17–21



### STUDY

Take a moment to read the passages we're covering this week.

**What stands out to you in this passage and why?**



### PRAY

Think about a relationship in your life that could use some restoration. Ask God to show you what your next step should be.



### GROW

**So what's your next step?** Do you need to make an apology or ask for forgiveness? Do you need to reach out or extend forgiveness to someone else? Whatever your next step is right now, take it.