

H.O.P.E. Cycle 4: Anger Management

How to have a student-led club:

1. A student opens and closes meeting in prayer
2. A student explains the purpose of First Priority
3. Students read verses and questions for the week

Topic: Anger can be destructive. We can be hurt by it and hurt others by operating out of it. God loves us too much to leave us where we are, and offers us a better way to deal with our frustrations.

Memory Verse: "Do not sin by letting anger control you. Do not let the sun go down while you are still angry, for anger gives a foothold to the devil." **Ephesians 4:26-27**

HELP Week– Awareness

The definition of anger is "a strong feeling of annoyance, displeasure, or hostility towards a person or a cause." Anger is part of our sinful nature but left out of control, can bring destruction to us and our relationships with others. God is aware that we will experience anger but He has offered us a way out.

Read **Genesis Chapter 4: 1-8**. This is the first time we see anger rear its ugly head in the Bible. God sees it and warns Cain that "sin is crouching at the door; and its desire is for you, but you must master it." Cain is offered two paths: to act on his anger, which leads to death and destruction, or God's way.

- 1) Has there been a time in your life when you let anger have its way and it led you down a destructive path? Please share.
- 2) Have you ever been on the receiving end of anger? How did the other person's anger affect you? Describe.
- 3) Read the following verses on what God says about the result of anger having its way and share your insights.

Proverbs 29:22 (NLT) "An angry person starts fights; a hot tempered person commits all kinds of sin."

James 1:19-20 (NLT) "Understand this my dear brothers and sisters, you must all be quick to listen, slow to speak and slow to get angry. Human anger does not produce the righteousness that God desires."

1 Corinthians 10-12 "If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, God will show you a WAY OUT---so you can endure."

- 4) How can you allow these verses to help you or someone else next time "anger is crouching at your/their door"? Please Share.

Challenge: Pray for two friends who do not know Jesus as their Lord and Savior.

OVERCOME Week – The Anger "Helper"

Anger acted upon is a sin. God says we must master it, but we cannot master it apart from Him. Before Jesus ascended into heaven, He told His disciples to wait for the promised Holy Spirit, whom He referred to as our "Helper." When we believe in Jesus, the Holy Spirit moves in to our hearts and brings "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and **self-control**" (**Galatians 5: 22**). He will offer a way OUT of anger.

- 1) What is an anger trigger for you? Please share.
- 2) Is it easy or difficult for you to **overcome** anger in a moment of temptation?
- 3) Have you tried relying on the Holy Spirit for help or do you find yourself relying on your own strength?
- 4) Read the following verses, and then share how when anger tempts you, you will be better equipped to handle it.

Ephesians 4:26-27 "Do not sin by letting anger control you. Do not let the sun go down while you are still angry, for anger gives a foothold to the devil."

Proverbs 15:1 "A gentle answer deflects anger, but harsh words make tempers flare."

Psalms 37: 8 "Refrain from anger, turn from wrath, it only leads to evil."

Challenge: At the end of your meeting, stand together in prayer (popcorn or with one person praying for the group).

PREPARE Week – Peace and Preparation

In this cycle, we have discussed the danger of allowing ANGER to master us. We have all been in situations where we have reacted in anger or been on the receiving end of someone else's anger. God has introduced us to a new and better way to respond to anger. With this in mind, consider the following as you **prepare** your faith story:

1) What does **Philippians 4:5-7 & 9** say about God's peace?

Philippians 4: 5-7 & 9 "Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

2) Who in your life inspires you with their calm and gentle spirit? How can you inspire others by walking out **Ephesians 6:15**: "feet fitted with the readiness that comes from the gospel of peace."

Prayer : Father, we pray that through your promised Holy Spirit, that you would rise up in us with self-control, defeating all anger. We have heard the truth and may the truth set us free from anger. In Jesus' name. Amen.

Challenge: Invite two friends to next week's Engage Week meeting.

Week Four - ENGAGE

Use your faith stories to **engage** your campus for Christ. Share the gospel message and invitation (see below).

Challenge: Invite a friend to your church or youth group this week.

Gospel Message (please read this out loud to your group):

Romans 3:23, "For all have sinned, and come short of the glory of God." The Bible tells us that there is no one who is innocent.

Romans 5:8 says, "But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." Jesus' resurrection proves that God accepted Jesus' death as the payment for our sins.

Romans 10:13 "for everyone who calls on the name of the Lord will be saved." Salvation, the forgiveness of sins, is available to anyone who will trust in Jesus Christ as their Lord and Savior.

Romans 5:1 tells us, "Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ." The Bible says that if we believe in Jesus, we will have peace with God. We can be reconnected to him.

[Pass out Student Response Cards here]

Invitation/Prayer (ask students to close their eyes and bow their heads):

If this message is speaking to you today, and you want to trust in Jesus as your Savior then pray this simple prayer to yourself: Dear Lord, I admit that I have sinned and this has separated me from you. But, I believe that through you I can be forgiven. Today, I pray that you will come into my life and help me to trust in you. In Jesus' name I pray. Amen.

Follow UP Plan:

Once you've shared the gospel and invitation, collect the Student Response Cards (can be downloaded from the First Priority website) and then follow these steps:

1. Student leaders commit to praying for and contacting any student who has made a decision for Christ and/or has questions.
2. When contacting these students, student leaders will want to:
 - Answer any questions they may have
 - Offer to pray for them
 - Invite them to the next week's HELP Week meeting
 - Invite them to your church, if they don't have one
3. Return all Student Response cards to the group president or teachers sponsor (Response cards or information on the cards must never be given to an outside adult or organization/ church)