*Is it OK to Be Angry Sometimes?*





**May 24, 2020**

Tween Lesson – May 17, 2020

Hey Gang, another week goes-by and it looks like we maybe getting closer to being together. We had a wonderful time last week during the Zoom meeting. Steve is still having a difficult time figuring out how to play Hangman on Zoom. Hope to see everyone tonight at 6:00pm for another fun night of games and stories. **😊**

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Description automatically generated**So here are the random questions for this week:**

1. Question 1195: Where have you always wanted to have a birthday party? Mr. Steve – “on a cruise ship”, Ms. Laurie – “anywhere with my family”
2. Question 580: Do you trust people that do not look you in the eye? Mr. Steve - “Sometimes”; Ms. Laurie – “Yes”
3. Question 1533: On a scale of 1-10 how polite would you say you are? Ms. Laurie – “8”; Mr. Steve – “8”

So here are the answers to last week’s Bible Trivia questions.

* “How did Stephanus die?” **STONED TO DEATH**
*  “Who commanded the sun and the moon to stay still?” **JOSHUA**
* “Which disciple found the coin in the mouth of a fish?” **PETER**

Let us keep looking at a few more Bible truths from previous lessons**. Homework is to read these verses from your Bible**.

* Satan manipulates our fears to lead us into sin. *Luke 4:9-13*
* Angels serve those performing God’s will on earth. *Hebrews 1:14*
* Demons have power over those who try to defeat them by their strength alone. *Acts 19:13-16*
* God unites us with other Christians to join us in battle. *Ephesians 6:15,16*
* Paul was confident because of who he knew, not what he knew. *1 Corinthians 2:1,2*
* Beauty lasts for all time and is not dictated by changing styles. *1 Peter 3:5,6*
* Pride uses blessings to achieve personal comfort and power. *Proverbs 16:18,19*

By now all of you know that the Ghana mission team will not be going this summer. The COVID-19 pandemic forced us to postpone the trip until next summer. However, the church building is still going up. Here are a few pictures on the progress that we thought you might like to see. God is working in Ghana even if we are not.





**So, let us get into this weeks Tween lesson.**

****The **BIG** TRUTH: Anger is not a sin!!!

**CONFIDENTIAL SOURCE:**

***Ephesians 4:25-28***

**25**Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. **26**“In your anger do not sin”: Do not let the sun go down while you are still angry, **27**and do not give the devil a foothold. **28**Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

**Suppressing Dissent:** The First Amendment of the U.S. Constitution allows American citizens to express their dis-pleasure from those who hold power. But not every nation allows freedom of speech and freedom of the press. What happens when a government tries to “bottle up” the anger of its citizens?

One answer can be seen in the past events in China. A FEW YEARS ago, three editors of the Beijing News were fired. Analysts believe the dismissals showed that the Communist Party remained determined to maintain control over the media. “In China you need to know how to do things, and there are boundaries that you are not supposed to overstep,” said Lu Yiyi, a researcher at an international affairs institute in London.

The following day about one hundred journalists, about one-third of the staff, went on strike. The next day of publishing the names of those editors were eliminated from the paper. These editors exposed official corruption and poor government decision making. Over the past several years, Chinese news editors have even been sentenced to prison for printing what was called state secrets and for espionage against the government.

Despite the crackdown, many Chinese journalists believe that social and economic changes in China as well as changes in technology will make it very difficult for the authorities to keep reporters from expressing the anger of Chinese citizens. They pledge to continue reporting news that the Chinese government might find to be unfavorable.

**Question to consider:**

* How often to you read a newspaper, review news on the internet, or watch TV new broadcast? How might you react if you felt that the government was “bottling up” public anger against national policies by refusing to allow that anger to be expressed?
* Have you tried to keep yourself from expressing anger, fearing that you would get in trouble if you did so? Were you able to suppress your anger for long?
* Not allowing anger to be expressed can be as devasting as anger that is out of control. Healthy anger can bring about positive changes in personal relationships as well as in society at large. Let us look at what the Bible says about expressing anger in a health manner.

**BIBLE TRUTH 1:** **Healthy anger is rooted in truth, not falsehood.**

* *Ephesians 4:25*

Have you ever said, “I do not want to talk about it.” when you were angry? Why might that be a bad idea?

**INSIDE STORY:** First, we must “put off falsehood.” We tend to think that wee are rarely, if ever, at fault. Personal attacks may trigger an aggressive defense reaction because we cling to a false perception. Healthy anger recognizes the truth of our own sinfulness. In Psalm 15:2, David identifies a person who “speaks the truth from his heart” as one who live in the presence of God. Jesus identified himself as “the truth” in John 14.6. Satan, to the contrary, is identified as a liar and the father of lies.

**BIBLE TRUTH 2: Healthy anger seeks resolution, not dominance.**

* *Ephesians 4:26, 27*

Tell of someone you know who just loves to argue. Do you think he or she really wants to resolve a problem? Why or why not?

**INSIDE STORY:** Both Paul and Jesus commanded us to make reconciliation a high priority, especially with others who follow Jesus. Even in the middle of worshiping God, Jesus instructs us to interrupt it, meet with our brother, and then return to worship. This is in perfect harmony with Paul’s admonition to not end the day while still angry. Jesus instructs us to “settle matters quickly.” The devils name, Satan, is really a title. It is the Hebrew word for *adversary.* When we let a problem with another believer go unresolved, we are casting a child of God in the adversarial role reserved for Satan.

**BIBLE TRUTH 3:** **Healthy anger is used to bring positive results.**

* *Ephesians 4:28*

Tell of a time when a relationship was strengthened by resolving a problem.

**INSIDE STORY:** Wrong behavior must cease, and right behavior must begin. Anger that has stolen joy, peace, and health can be used to replace it and rebuild it. Expressing anger appropriately has been something people have continually struggled with. Aristotle summed it up when he said “Anyone can become angry, but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—this is not easy.”

**CHALLENGE**

Take time this week and do a little journaling in a notebook. Record when and how you reacted when in anger. Review them later privately, you may find a better way to handle your anger.

Jesus said that if you are angry, go and make amends that that person. Do not let the sun go down on your anger. Please take some time this week and make amends with someone you are angry with. You will feel better and you may just have won over a friend for life. Keep praying for your friends, remember to wash your hands, do not touch your face and LAUGH. Have a blessed week, watch church Sunday morning, and remember GOD LOVES YOU AND SO DO WE. If you have any prayer requests, please send them to [cameronfamily10@gmail.com](mailto:cameronfamily10@gmail.com).

**So here is a great video on anger.**

[**https://www.youtube.com/watch?v=SfJYZRsdrTs**](https://www.youtube.com/watch?v=SfJYZRsdrTs)

**This is a funny video on anger.**

[**https://www.youtube.com/watch?v=8vzSckg8jk8**](https://www.youtube.com/watch?v=8vzSckg8jk8)

***Laurie and Steve***