

Sunday School Lesson: When You Feel Angry

Memory Verse

Ephesians 4:26 - 'In your anger do not sin': Do not let the sun go down while you are still angry.

Lesson Summary

Everyone feels angry sometimes-even Jesus did! But the Bible teaches us how to deal with our anger in ways that please God. Today we'll learn how to recognize anger, what it tells us, and how we can respond in a godly way.

Think About It

1. What are some things that make you feel angry?
2. How do you usually react when you're angry?
3. Have you ever seen someone handle anger well? What did they do?

Bible Exploration

Read James 1:19-20. What does this verse teach us about anger?

Read Mark 3:1-5. How did Jesus show His anger, and what was different about it?

Activity: Anger Thermometer

Draw a thermometer. At the bottom, write a small annoyance. As you go up, write things that make you angrier.

Then write what a godly response could look like at each level.

Prayer Time

Write a prayer asking God to help you deal with your anger in a way that honors Him.

Dear God,

Thank You for understanding my feelings. Help me to slow down, listen, and not let anger control

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me. Teach me to respond with love and wisdom. In Jesus' name, Amen.

Memory Verse Copywork

Ephesians 4:26
