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for good rather than bad.*

### The Truth Is Out There!

## Anger

Anger is often regarded as an emotion that a Christian should never feel. However, anger is a human emotion and should be addressed.

How do we, as Christians, handle anger? It's just a fact that at one time or another we will experience anger. Anger in itself isn't wrong; it's how we handle anger that's important.

Ask your child/students to name different ways that people react in anger.

- Stomp
- Slam doors
- Unkind words
- Hit
- Throw things
- Yell

Anger is a part of our makeup, but we must learn to control it. Is it ever okay to react in anger? Jesus did in the temple. There is a time to use our anger to stand up for what's right; but we must learn to channel our anger for good rather than bad.

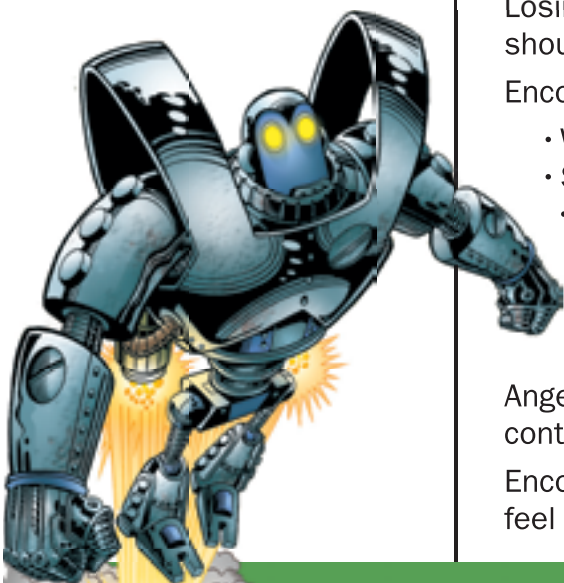
Losing our temper is not an option for a Christian. As a Christian we should be controlled by the Spirit, not aggressive emotion.

Encourage your child/class to think of positive ways to vent anger.

- Walk away
- Stop and think before reacting
  - Count to ten
  - Talk to a friend
  - Talk to an adult
  - Pray about the situation

Anger will come and go, but it's up to us to learn how to control negative emotions.

Encourage students to discuss situations that make them feel angry and ways to handle those feelings.



## Holsom Comics Discussion Questions

After the kids have read [Holsom Comics Issue 9](#), ask these questions about controlling anger.

- How did Mouse's anger get out of control? (*He decided to go after Jake.*)
- Did Mouse's decision to give in to anger hurt anyone besides Jake? (*Yes, Aunt Myrtle.*)
- How did Mouse's anger hurt Aunt Myrtle? (*She ended up in the hospital due to the scare of the robot.*)
- What are some better ways Mouse could have handled his feelings toward Jake? (*He could have prayed about it, talked to a friend, walked it off, let it go, talked to Jake personally and tried to mend any bad feelings.*)
- After reading this issue of Holsom what are some things you have learned about controlling your own anger? (*Answers will vary.*)

## Holsom Activity

Ask students to create a comic strip (at least 4-5 scenes) centered around the topic of anger. The strip should include a situation as well as a resolution.

