

Hey, Say, Pray and Obey

Anger



- **“Hey!** I know what this is. This is anger” Once you know what you are feeling, you can start to do something about it!
- **Say**, truth from God’s word. For anger, you can say this Bible verse: **“Be angry, and do not sin.” Psalm 4:4**
- **Pray.** Pray something like, “God, I am feeling angry right now, but I really want to obey you. Will you help me to calmly ask someone for help? Thank you, God.”
- **Obey.** After asking God for help, the last thing to do is obey. Instead of yelling and saying mean words or other things like that, you can ask someone for help to resolve the situation or to listen to you describe the problem. Sometimes, when we calmly talk about a situation, it can help us figure out a better way to handle it.