



Here's what happens...

Jesus says that the command not to murder goes beyond simply not killing; harboring anger and speaking in anger means we're subject to judgment. Instead, we should settle matters with people quickly.

Bible Point:

God helps us
calm our anger.

"In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father" (Matthew 5:16).

Family Together Time

- Do a fun family science experiment to see how anger can be explosive.
- If you can, head outside and drop a couple of Mentos mints into a 2-liter bottle of diet Coke. It will erupt like a geyser!
- For an alternative with easier supplies, mix up equal parts vinegar and baking soda in a small, narrow glass or vase.
- After the eruption, talk about things that make you feel like you're going to explode.
- Avoid this becoming a blame game ("I want to explode when *you* take my iPad without asking"), and ask everyone to take responsibility for their *reactions* rather than blaming the trigger for the anger.
- Talk about ways to better handle your anger when you feel like you want to explode.

Church Announcements

- [Type your content or insert your church logo - here]

Talk About This...

- Tell about a time you felt angry but reacted in a calm way.