
LIFE TEEN PARENT LETTER

Check out our Parent Life website at lparentlife.com for resources on how to guide your teen in a faith-filled way through modern day culture!

LIFE NIGHT: CLAP BACK

CONTENT OVERVIEW

Have you ever lost your temper and reacted in a way that was hurtful to a situation or, more specifically, another person? We have all had situations play out differently than we originally expected, and there are times when we responded in anger and rage. Maybe this happens to you while driving down the street, when someone cuts you off and forces you to slam on your breaks. It might happen at work when someone in the office, or perhaps a customer, says something that was uncalled for, unexpected, or rude. Perhaps this happens when you receive less than expected service at a restaurant or any other place of business. Whatever the cause, an angry response is often automatic when we perceive an injustice or potential harm.

Like happiness and sadness, we all experience anger. Anger itself is not a negative emotion; however, out of control anger can lead to behavior with negative and even sinful effects. When anger is not managed properly, it causes harm to ourselves, others, or both.

Jesus experienced anger, but He used His anger for good (John 2:13-17). Jesus was able to experience anger and respond with righteous behavior to an injustice. Jesus geared His anger towards love, and we are called to do the same.

We must be willing to share and talk about our anger. The more we are open and honest about our anger, identifying the triggers that make us angry, the more we can have the ability to control our anger in certain situations. Through our baptism, we are given a universal call to love as Jesus loved. Ultimately, in any emotional situation, this is the goal. Jesus, out of love, was able to express anger. We are called, out of love, to recognize that which makes us angry and respond with love, not rage and hate.

CONVERSATION STARTERS

1. Have you ever lost your temper or experienced an emotional hijack? What was the effect or outcome of the expression of your anger?
2. Have you ever expressed your anger for good, speaking out against injustice or potential harm?
3. Why is it important for us to recognize the things that make us angry? How can discussing our anger help us make better decisions in the future?