Controlling Your Anger
by Sara Rivas

Hi, Downey Church friends and family. I brought my friend. Isaiah. And my son and my friend.

All right, so today's kids story, we want to talk to you guys about what Isaiah? Anger. Anger, yes. So we've been reading. At night, we like to go through the Bible app and we do the Bible plans. And the one that we've been doing lately is called Managing Your Emojis. And the last feeling that we went through was anger, right? And so I like how it always starts with a Bible verse and then it gives you some ideas of things and how you can manage your feelings. And then at the end, it ends with a really beautiful prayer. So we're gonna share one that we just did last night that we thought was really helpful and we hope it's helpful for you too.

All right, so the Bible verse for this one is Proverbs 14, 29, and it says, people with understanding, can control their anger. But people that are hot tempered show that they are big fools. Fools, yes. And we don't wanna be fools. We don't wanna be silly people.

All right, so Isaiah, can you tell me something that makes you angry? My brother gets me annoyed. When your brother gets you annoyed, okay. It's really good. So what... Did, do you remember what the Bible lesson said we need to do when we feel anger? First, we need to say, feel anger. Yes, so you have to name your feeling and then what to do? Say where in your, where you're feeling that anger in your body, right? Yeah, so where do you typically feel anger? In my hands. In your hands, yeah. I feel it in my hands too. Sometimes I just wanna squeeze something really tight when I'm angry. And that kind of helps me to calm down. Or sometimes I feel it in my heart, like my chest starts to race when I'm really angry.

All right, And so it said, you label it, you say where it is in your body. And then it said that if you keep having this anger, then maybe you need to change your

expectation, right? And so if... Isaiah thinks that he can play with Legos the whole day. And mom says, pick up your Legos, we gotta go do something. Isaiah's gonna show me what face? An angry face. An angry face, yeah. Say, why do I have to pick up my Legos when I don't want to? Because he's thinking he can play with Legos all day long. But then we realized like, oh, wait a second, or maybe mommy thinks that. that Zeke and Isaiah should be answering the very first time that I call them. And do you answer the first time? Do you answer the first time that I call you? No. No. Yeah. And so then maybe that means that I need to change my expectation and not expect that you're going to answer the very first time, right? So that I don't get angry. Yeah, so we can help each other out. Something that we like using here at home is called an anger iceberg and you can Google it.

And so at the top of the iceberg, the only thing that you see is the anger, but down below, you can see all the other feelings that tend to hide under anger. And one that I feel when I'm angry is usually because I feel hurt or not heard or that no one cares. And so then I show anger because of those hurt feelings. What about you? What sort of feelings have you noticed that you have? when you're feeling angry. Mmm. Can't remember? Okay, sometimes I think you've mentioned that if you feel like somebody else is getting more attention than you, it might make you feel a little jealous. Yeah. And so you show that as anger. Yeah, yeah.

So I really hope that this is helpful to you and that you guys learned something new about anger. Remember to name your feeling. say where it is in your body. And then if you need to make changes to your expectations and make those changes so that we're not having to deal with anger. Because we don't want that anger to control us, right? We want to be able to control our own anger. And I think it's important. So I'm happy that we were able to read about it and that we enjoyed it ourselves and that we're able to share it with you guys.

All right, let's go ahead and say a word of prayer. Ready? All right, dear Jesus, thank you so much for another day of life. Thank you for. your kindness and

your goodness and for your word that always brings us so much wisdom and helps us to live better lives. We ask you Lord Jesus to please help our brains to be flexible. When we're feeling big feelings, help us to go through the steps that we need to so that we can calm down. We love you so much and we thank you for the blessing that you've given us of just being able to live and to be here and to enjoy our time with our friends and families. We love you and we Thank you for everything that you give us in your sweet name we pray, amen.

All right, bye everybody.