

# Anger



## Precious Promises

### Devotional Guide

## Day 1

### Promise #101

#### Bible Story (Exodus 14:1-31)

After many years of being slaves in Egypt, God finally set the Israelites free. Moses led them out just as God promised. But after they left, Egypt's king—Pharaoh—became angry. He didn't want to lose his workers, and his pride would not let him accept that they were gone. Furious, he changed his mind and sent his army to chase after the Israelites.

When the people saw Pharaoh's army coming, they panicked and began shouting at Moses. Their anger rose quickly. "Why did you bring us out here?" they complained. "Were there not enough graves in Egypt?" Instead of trusting God, they let their frustration and fear take over. But Moses told them to stop and listen. "Don't be afraid. The LORD will fight for you. You only need to be still."

That night, God did a miracle. He sent a strong wind to part the Red Sea, making a dry path right through the water. The Israelites walked safely to the other side with huge walls of water on both sides. When Pharaoh's army tried to follow, the sea returned and covered them. God had protected His people and fought the battle for them. On the far shore, the Israelites were safe—and their anger turned into praise as they thanked God for saving them.

#### Today's Promise (#101)

##### Psalm 37:7-8 (KJV)

"Rest in the LORD, and wait patiently for Him... Cease from anger, and forsake wrath: fret not thyself in any wise to do evil."

##### Exodus 14:14 (KJV)

"The LORD shall fight for you, and ye shall hold your peace."

##### Ephesians 4:26-27 (KJV)

"Be ye angry, and sin not: let not the sun go down upon your wrath: neither give place to the devil."

#### Apply the Promise!

When you're tempted to explode with anger, pause. Let God fight for you. Trust God, stay calm, and walk away.

#### Real-Life Example:

Ella was having a rough week at school. Her best friend, Ava, had suddenly stopped talking to her and was now sitting with a new group of girls who whispered and giggled whenever Ella walked by. It hurt, and part of her wanted to cry—or tell the teacher how mean they were being. She felt confused, sad, and angry.

That night, Ella told her mom everything. Her mom gave her a hug and reminded her of the verse they'd read that morning: "The Lord shall fight for you, and ye shall hold your peace." (Exodus 14:14) Ella prayed that God would help her stay calm and not fight back. They even role-played what she could say and do the next day if the teasing continued.

The next day, she smiled at others and tried to be kind, even when Ava ignored her. A few days later, one of the girls apologized—and even Ava smiled at her again. God had helped her choose peace, and He had worked things out for good.

#### Discussion Questions:

- When the Israelites were trapped at the sea and felt afraid, did Moses tell them to start a big fight or to 'be still' and trust God?
- Is there a time this week when you felt like 'exploding' with anger? How could being still and praying change what happened?

#### Activity:

Pretend your sibling or friend takes your toy or something you want. Practice what to say and do to stay calm, not yell, and trust God to help you be peaceful instead of fighting. Remind yourself, "God will fight for me"!



 Listen to  
Scripture Song:

<https://precious-promises.com/101>



# Anger



## Precious Promises

### Devotional Guide

# Day 2

Promise #102

### Bible Story (1 Samuel 16:5-13)

King David was having a very difficult day and had to leave his home quickly because things were going wrong in the city. As he walked along a dusty road with his friends, a man named Shimei came out from a nearby house. Shimei was very angry and began shouting mean insults at David, even throwing rocks and dirt at the king as he passed by. David could have felt humiliated and embarrassed, especially since he was already feeling tired and sad.

David's friends were furious when they saw how the king was being treated. They said, "Why should this man be allowed to shout at our king? Let us go over and stop him right now!" But David stopped his friends before they could do anything. He told them, "Leave him alone. Perhaps the Lord will see how I am being treated today and give me a blessing instead of these mean words."

Instead of lashing out in anger, David stayed humble before God. He chose patience and mercy even though he was being treated unfairly. David did not let Shimei's insults steal his peace because he believed that God was still in control of his life. He knew that when we stay calm, we are showing that we trust God to be our defender.

Later, David wrote about this kind of peace. He learned that when we love God's promises, nothing can make us stumble or lose our cool. David's story shows us that true strength comes from staying quiet and trusting God instead of reacting in anger. We too can choose to be calm, even when others are being unkind to us.

### Today's Promise (#102)

**Psalm 119:165 (KJV)**

"Great peace have they which love thy law: and nothing shall offend them."



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### Apply the Promise!

When others treat you unfairly, you don't have to get upset. If you love God's Word and trust what He says, He will help you stay calm and full of peace.

### Real-Life Example:

Carter was at the kitchen table painting a tall green tree to show his older cousins. He worked very hard on the branches and the bright red apples. When he proudly showed the painting to his cousin, the older boy laughed and said, "That doesn't look like a tree! It looks like a giant, messy green blob." Carter felt his face get hot, and he felt like saying something mean back.

Instead of fighting, Carter remembered how David didn't let mean words steal his peace. He took a slow breath and told himself that his cousin's words didn't have to "stick" to him. He looked at his painting and decided that he still liked it, even if someone else didn't. He looked at his cousin and said calmly, "I like my green tree," and then he went back to his work.

By choosing not to get offended, Carter kept the afternoon from turning into an argument. His cousin soon stopped teasing because Carter didn't react in anger. Carter realized that he was in charge of his own feelings, and he didn't have to let mean words ruin his day. He felt peaceful on the inside because he chose to trust God and stay calm.

### Discussion Questions:

- Did David choose to fight back or stay calm when the man was being mean?
- Have you ever chosen to stay calm when someone was being mean to you?

### Activity:

Play freeze tag with one "offender" who gently tags others while saying pretend rude comments (like "You're slow!"). When tagged, players freeze—unless they say Psalm 119:165 out loud. That "unfreezes" them! Talk about how loving God's law helps us let go of hurt instead of staying upset.



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## Precious Promises

### Devotional Guide

# Day 3

Promise #103

### Bible Story (1 Samuel 25:1-35)

David was a leader of many men. For a while, they lived out in the wilderness, hiding from enemies. While they were there, they protected the flocks of a rich man named Nabal. David and his men never stole anything—they made sure Nabal’s shepherds and animals were safe.

Later, when Nabal was having a big feast, David sent some of his men to kindly ask for food. “Please remember how we treated your shepherds kindly,” they said. But Nabal was rude and selfish. He laughed at David’s men and said, “Why should I give anything to you?”

When David heard Nabal’s answer, he got very angry. He told his men to get their swords. He was ready to fight. But someone was watching—Nabal’s wise wife, Abigail. She quickly packed lots of food and rode out to meet David before things got worse.

When Abigail found David, she bowed down and spoke gently. “Please forgive my husband,” she said kindly. “Don’t do something you’ll be sorry for. Let God take care of it.” Her calm and respectful words helped David cool down and think clearly again.

David thanked Abigail. He said, “God sent you to stop me from making a big mistake.” Abigail’s soft answer turned away David’s anger—just like Proverbs 15:1 says. Her gentle words brought peace instead of trouble.

### Today’s Promise (#103)

Proverbs 15:1 (NKJV)

“A soft answer turns away wrath, but a harsh word stirs up anger.”

### Apply the Promise!

If someone is rude or unkind, God can help you answer softly. Your calm words can stop a fight and show others what it means to follow Jesus.

### Real-Life Example:

Brielle had worked hard all afternoon making homemade cards and cookies for the neighbors. She and her little brother went door to door, giving them away with big smiles. Most people were kind and thankful, but when they knocked on one door, a man frowned and said, “I don’t want your junk,” then slammed it shut.

Brielle’s little brother looked upset. “That was so mean!” he whispered. Brielle felt her cheeks burn, too—but she took a deep breath and whispered a prayer. “Let’s leave him one anyway,” she said. She gently placed a cookie and a card on his porch, then smiled and walked away.

Later that evening, the man came to their door. He held the cookie and card in his hand. “I was having a rough day,” he said softly. “Thanks for your kindness. It meant more than you know.” Brielle was glad she had answered rudeness with gentleness—and let God use her to bring peace.

### Discussion Questions:

- What did Abigail say or do that helped stop David from making a big mistake?
- Can you think of a time when kind words or actions helped calm someone down—like Brielle’s did? What happened?

### Activity:

Take turns pretending one person is upset and says something in an angry tone (like “That’s mine!”). The other person practices answering with a soft, gentle voice. Then switch roles. Talk about how different the responses feel. Why does a kind answer make such a big difference?



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## Precious Promises

### Devotional Guide

# Day 4

Promise #104

### Bible Story (Judges 13-16)

Samson was chosen by God before he was even born. An angel told his parents that their son would help save Israel from the Philistines. God gave Samson incredible strength—stronger than any man. But Samson had a weakness: he didn't always control his temper. He often let his anger push him to do things he'd regret later.

One day, when the Philistines made him angry, Samson caught 300 foxes, tied flaming torches to their tails, and let them run through the grain fields, burning everything. When he lost a bet, he got so mad that he killed 30 men just to pay the price. He didn't stop to pray or think—he just acted in anger. His choices led him into more and more trouble.

Eventually, Samson was captured because he trusted someone who tricked him. But in prison, he had time to think. He prayed and asked God to help him one last time. Samson learned that true strength doesn't come from muscles. Real strength is being able to control yourself and let God guide your actions.

### Today's Promise (#104)

#### Proverbs 25:28 (KJV)

"He that hath no rule over his own spirit is like a city that is broken down, and without walls."

#### James 1:19-20 (KJV)

"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God."

#### Proverbs 16:32 (KJV)

"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."

### Apply the Promise!

Someone who can't control their anger is like a broken-down city with no protection. God says real strength comes from staying calm, listening carefully, and not letting anger take over.

### Real-Life Example:

Zach was trying to learn how to ride his new bike without training wheels. He had been practicing all afternoon, but he kept losing his balance and tipping over into the grass. After falling for the fifth time, Zach felt a huge wave of anger. He wanted to kick his bike and scream because he was so frustrated that he couldn't get it right.

He remembered the story of Samson and how letting his temper win only led to more trouble. Zach knew that kicking his bike wouldn't help him learn to ride; it would only make him feel worse. He took a deep breath, sat on the grass for a minute, and asked God to help him stay calm. Instead of letting his anger "break down his walls," he chose to be strong on the inside.

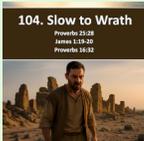
By staying calm, Zach was able to think clearly and try one more time with a peaceful heart. His dad helped him steady the handlebars, and soon he was pedaling all by himself! Zach felt much stronger by controlling his temper than he ever would have by acting in anger. He learned that real power is being the boss of your own spirit.

### Discussion Questions:

- Did Samson's big muscles or his self-control make him truly strong in the end?
- Have you ever felt like a "broken city" because you let your anger take over?

### Activity:

Use blocks or cups to build a tall city tower. As you build, talk about how self-control is like strong walls protecting a city. Then act out what happens when someone loses control (pretend anger knocks over the wall!). Talk about how God helps us guard our hearts with wisdom and peace.



 Listen to  
Scripture Song:

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# Anger



## Precious Promises

### Devotional Guide

# Day 5

Promise #105

### Bible Story (Numbers 1-12)

The Israelites had been traveling through the hot desert for a long time, and now they had come to a place with no water. Instead of asking God for help, the people complained loudly to Moses and Aaron. "Why did you bring us here to die?" they shouted. Their harsh words wore Moses down, and he grew tired and upset from all the pressure.

Moses and Aaron went to the tabernacle to pray. God answered and told Moses, "Take your rod, speak to the rock, and it will give water for the people and animals." God was ready to help them in a peaceful, simple way.

But Moses let his anger get the best of him. Instead of speaking calmly to the rock, he stood in front of the people and yelled, "Must we bring water out of this rock for you?" Then, in frustration, he struck the rock—twice—instead of obeying God's instructions. Water still came out, but Moses had disobeyed.

Because of his angry outburst, God said Moses would not lead the people into the Promised Land. Even though he was a faithful leader, Moses lost control in that moment. It was a serious reminder that angry words and actions—even just once—can have big consequences. God wants us to trust Him and stay calm, even when we feel pushed, tired, or treated unfairly.

### Today's Promise (#105)

#### Proverbs 29:20 (KJV)

"Seest thou a man that is hasty in his words? there is more hope of a fool than of him."

#### Proverbs 29:11 (KJV)

"A fool uttereth all his mind: but a wise man keepeth it in till afterwards."

### Apply the Promise!

When you feel angry, don't let your words explode. Wise people stay calm, wait to speak, and let God help them respond with self-control.

### Real-Life Example:

Landon had worked all morning on a tall block tower at school. Just as he was adding the final piece, his classmate Micah ran by and accidentally knocked the whole thing over. Landon's face turned red. His first thought was to shove Micah or yell, "Look what you did, you meanie!" He actually started to open his mouth to scream, feeling that hot anger bubbling up.

Then, he remembered what his dad taught him: "A fool gives full vent to his anger, but a wise man holds it in." Landon took a shaky breath and closed his eyes for a second. Instead of yelling, he said quietly, "That was my best tower. Please be more careful." He still felt sad about his blocks, but he didn't let his anger "explode" and cause a bigger problem.

Micah looked surprised and said, "I'm sorry! I wasn't watching." Micah even offered to help rebuild it. Landon realized that if he had yelled or pushed Micah, he might have gotten in trouble or lost a friend. By holding back his anger, he saved the day. He learned that staying calm helps things work out for good in the end.

### Discussion Questions:

- What did God tell Moses to do to the rock, and what did Moses do instead?
- Have you ever: Felt like "exploding" with words when someone made a mistake? What happened next?

### Activity:

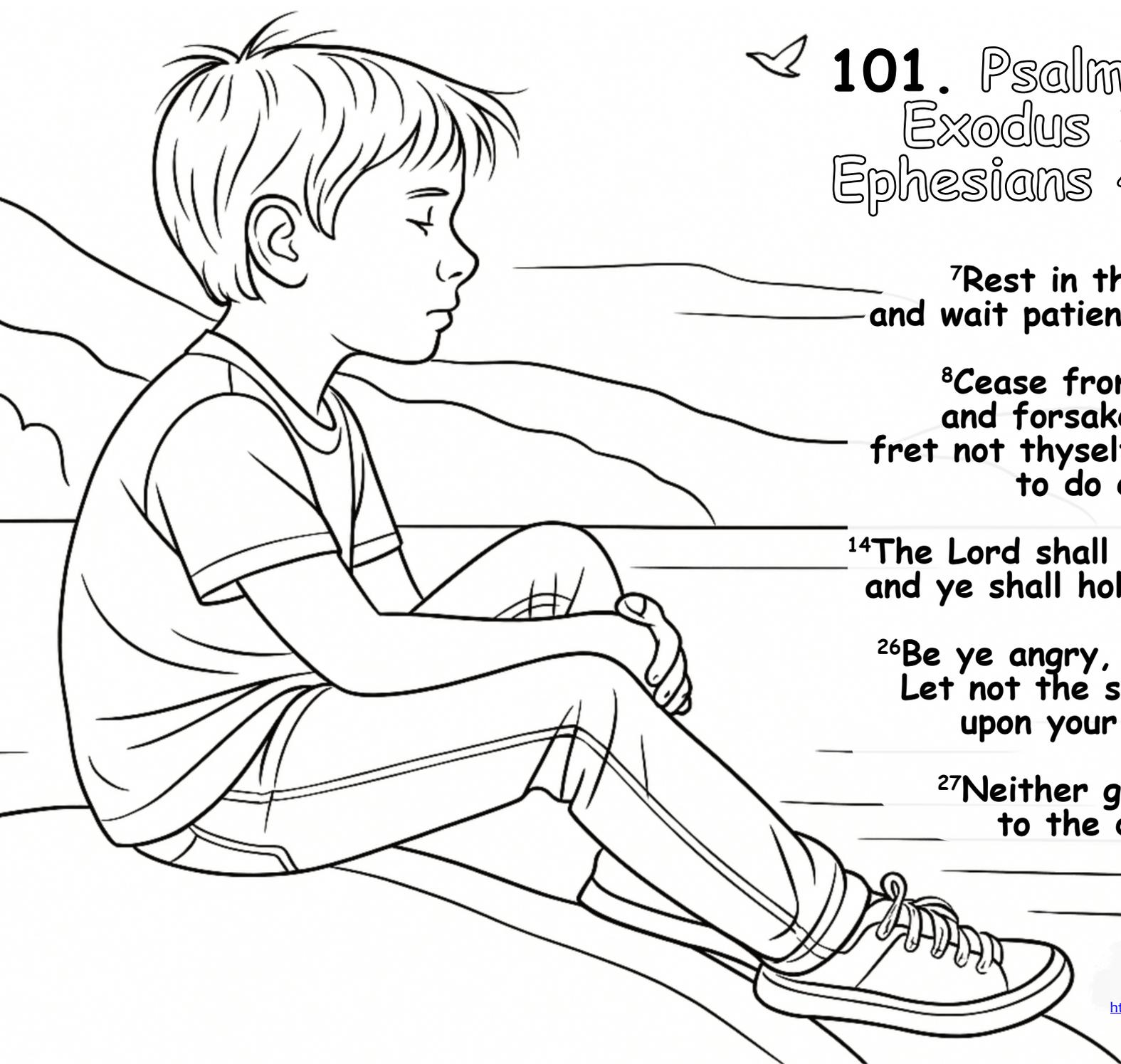
Give the children a few everyday situations—like someone cutting in line, a sibling grabbing something without asking, or a friend saying something unkind. For each situation, have the group act out several calm, godly responses they could choose instead of getting upset.



 Listen to  
Scripture Song:

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✈ **101.** Psalm 37:7-8  
Exodus 14:14  
Ephesians 4:26-27

<sup>7</sup>Rest in the Lord,  
and wait patiently for Him...

<sup>8</sup>Cease from anger,  
and forsake wrath:  
fret not thyself in any wise  
to do evil.

<sup>14</sup>The Lord shall fight for you,  
and ye shall hold your peace.

<sup>26</sup>Be ye angry, and sin not.  
Let not the sun go down  
upon your wrath.

<sup>27</sup>Neither give place  
to the devil.

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Scripture Song:  
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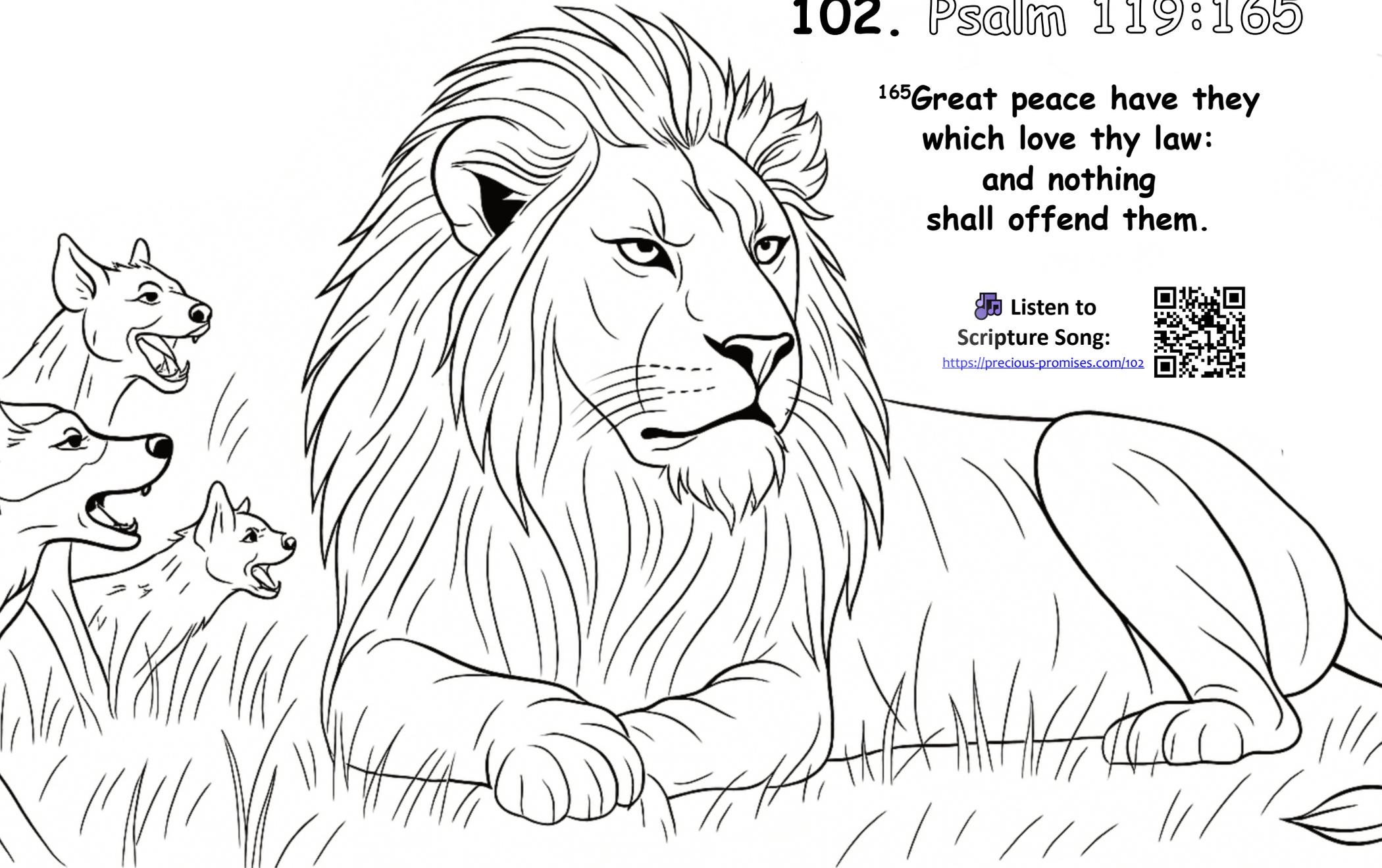
## 102. Psalm 119:165

<sup>165</sup>Great peace have they  
which love thy law:  
and nothing  
shall offend them.



Listen to  
Scripture Song:

<https://precious-promises.com/102>

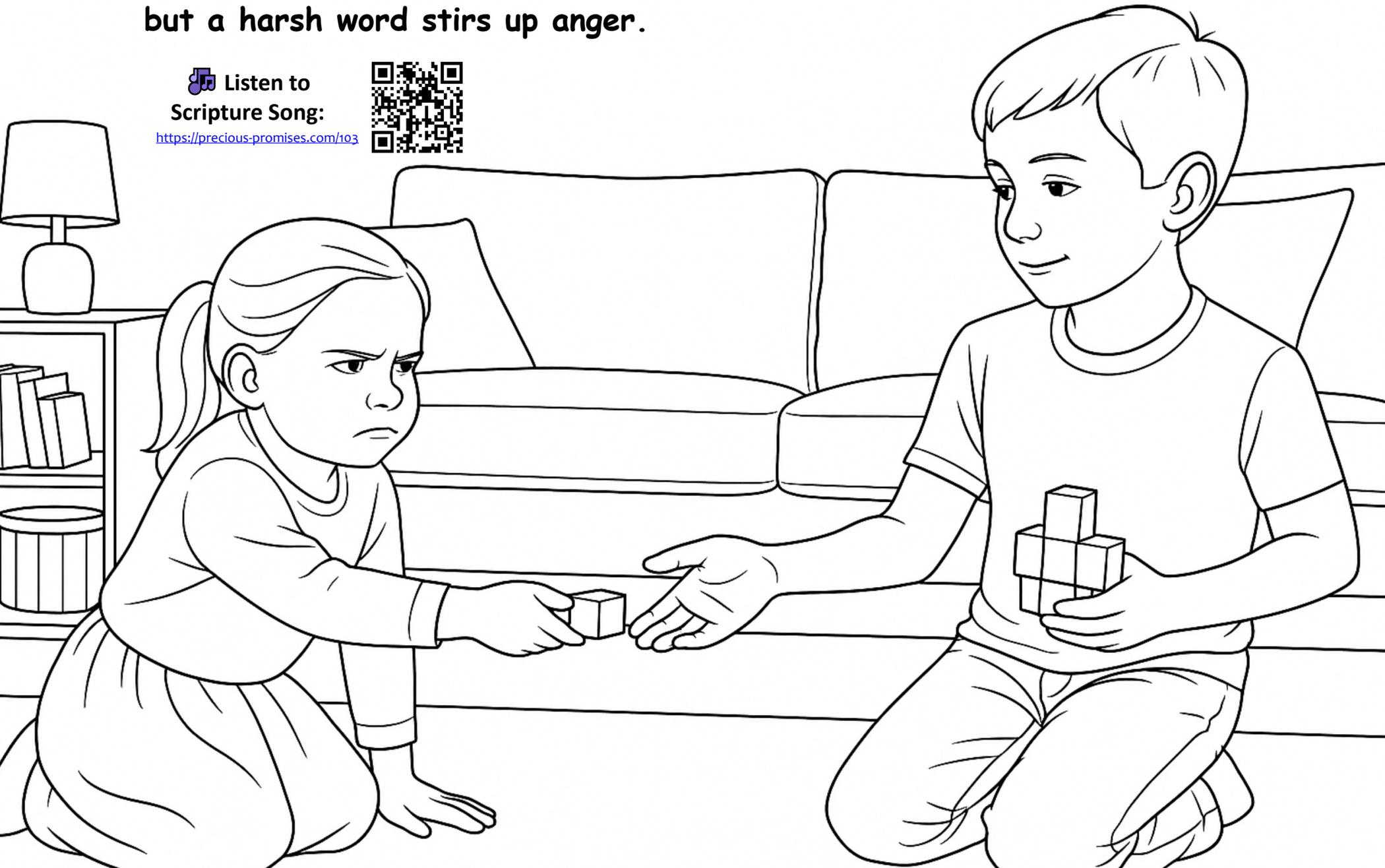


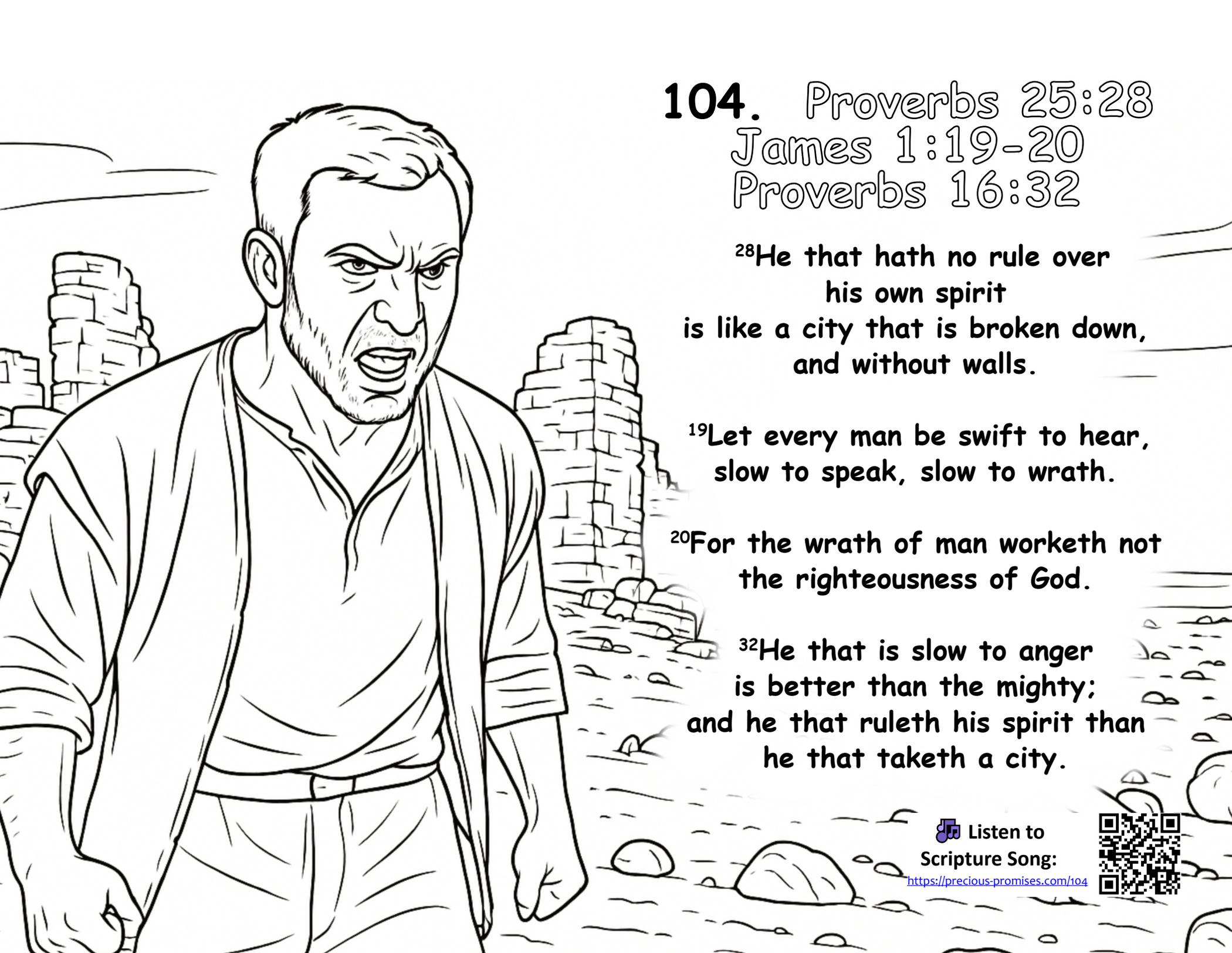
# 103. Proverbs 15:1 (NKJV)

**<sup>1</sup>A soft answer turns away wrath,  
but a harsh word stirs up anger.**

 Listen to  
Scripture Song:

<https://precious-promises.com/103>





**104.** Proverbs 25:28  
James 1:19-20  
Proverbs 16:32

**<sup>28</sup>He that hath no rule over  
his own spirit  
is like a city that is broken down,  
and without walls.**

**<sup>19</sup>Let every man be swift to hear,  
slow to speak, slow to wrath.**

**<sup>20</sup>For the wrath of man worketh not  
the righteousness of God.**

**<sup>32</sup>He that is slow to anger  
is better than the mighty;  
and he that ruleth his spirit than  
he that taketh a city.**

 Listen to  
Scripture Song:

<https://precious-promises.com/104>



# 105. Proverbs 29:20, 11

 Listen to  
Scripture Song:  
<https://precious-promises.com/105>



<sup>20</sup>Seest thou a man  
that is hasty in his words?  
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