

## Anger — Day 1



🎧 Listen to  
Scripture Song:



### Today's Promise (#101) — KJV

**Psalms 37:7-8** "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** "The LORD shall fight for you, and ye shall hold your peace."

**Ephesians 4:26-27** "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.*

#### 📖 Bible Story (Exodus 14)

Long ago, God chose Moses to lead the Israelites out of slavery in Egypt. They marched toward freedom, but soon found themselves trapped. A deep, wide sea blocked their path forward. When the people looked back toward the desert, they heard the thunder of horse hooves. They saw the Egyptian king charging toward them with an army of chariots, ready to capture them.

The Israelites felt helpless, and their panic quickly turned into hot, explosive anger. They surrounded Moses and yelled at him, demanding to know why he had led them out into the wilderness just to die. They cried out that it would have been better to serve as slaves forever than to face the approaching swords. Fear made them want to argue and complain.

Moses did not yell back. He knew losing his temper would not solve their problem. He stayed calm, stood tall, and spoke to the furious crowd with a strong, clear voice. He told them not to be afraid, to stand still, and watch how God would save them. He promised the Lord would fight for them if they chose peace over anger.

God told Moses to stretch his staff over the water. A strong wind began to blow, pushing the sea apart and making a dry, safe road right through the middle. Giant walls of water stood on both sides. The Israelites walked across safely, and God stopped the pursuing army. Moses showed the people that when we feel trapped, we do not need to explode in anger; if we hold our peace, God will fight the battle for us.

#### ☀ True Story

Richard Weaver was a tough English coal miner who lived in the 1800s. Before he became a Christian, he was a famous fighter with a quick temper. If anyone upset him, Richard used his strong fists to hit them and win the argument. He thought fighting and hurting people was the only way to earn respect from the other rough miners.

But after Richard gave his heart to Jesus, he changed. He left his fighting days behind and chose to walk a path of peace.

One day, deep underground in the dark, dusty coal mine, a worker named Tom tried to pick a fight. Tom was upset about a disagreement. He marched right up to Richard, shouted angry insults, and suddenly shoved him hard, striking his face! The other miners dropped their heavy tools. They watched closely, expecting a loud, angry fight to start right there in the dirt.

In the past, Richard would have hit back instantly. His face stung, but this time was different. He chose to let God fight for him. Instead of giving in to anger, he stood still and kept his hands resting by his side. He looked calmly at Tom and said, "The Lord forgives you, and so do I."

Tom stood frozen in shock. He was waiting for a hard punch, but instead, he saw only peace. That gentle response changed his angry heart. Later that day, Tom found Richard, burst into tears, and asked for forgiveness. Richard showed that holding our peace and choosing kindness can change hearts in ways anger never could.

#### 💬 Discussion Questions:

- Why did the Israelites get so angry with Moses when they reached the Red Sea?
- How did Richard Weaver react when the angry miner, Tom, hit him in the face?
- When someone is mean or unfair to you, how can holding your peace change the situation?

#### 📖 Activity:

Act out a situation that might make you feel angry—like someone taking your turn or saying something unkind. First, act out the wrong way (arguing or yelling). Then try again the right way. Practice these steps:

Stop. Be still. Pray, "God, help me stay calm."

Choose a peaceful response—walk away, wait, or speak kindly.



### Today's Promise (#102) — KJV

Psalm 119:165 "Great peace have they which love thy law: and nothing shall offend them."

#### ❤️ Apply the Promise!

*When people are mean or unfair, God's Word is like an invisible shield. If you fill your heart with His love, He gives you "great peace" so their words won't offend you or make you angry.*

#### 📖 Bible Story (2 Samuel 16)

King David was going through a sad and hard time. His own son, Absalom, had turned against him, forcing David to quickly run away from his beautiful home in Jerusalem to escape danger. The king and his loyal helpers were crying as they walked barefoot along a hot, dusty road near Bahurim. Suddenly, a man named Shimei came out to meet them.

But Shimei was not there to help the tired travelers. He was from the family of the old king, Saul, and he blamed David for taking the kingdom away. He was angry! Shimei walked along the high rocky hillside right above David, shouting mean words down at him. He called the king terrible names, kicked up thick clouds of dust, and even threw hard stones at David and his strong soldiers! It was unfair, and it made the sad, tiring journey even worse.

One of David's bravest captains, Abishai, was angry. His face grew hot as he watched the stones fall. He drew his sword and asked the king if he could march right up that hill to stop the mean man. He wanted to protect David and make the shouting stop.

But David was a man who truly loved God's law, and his heart was full of a deep, quiet peace. He was not easily upset. He gently told his angry soldier, "Let him yell." David knew that God was in control of his life. He did not need to explode in anger or fight back to protect his pride. He chose to stay calm, keep walking, and trust God to take care of him. He believed God would turn those mean words into a blessing. David showed us that when you have God's peace inside, you don't have to let mean words bother you.

#### 💬 Discussion Questions:

- What did Shimei do as King David was walking down the dusty road?
- How did Desmond Doss react when the soldiers threw heavy boots at him while he prayed?
- When someone calls you a bad name or acts mean, how can having God's "great peace" stop you from getting offended?

#### ☀️ True Story

When Desmond Doss was a young boy, he had a quick temper. One day, an argument with his brother turned into a fight. In a sudden flash of anger, Desmond picked up a heavy object and threw it. It struck his brother and nearly caused a bad injury. Shocked by what he had almost done, Desmond felt a deep sadness. He looked at a picture of the Ten Commandments hanging in his home and realized how dangerous his anger could be. He knew he could not fix his heart on his own. He prayed and asked God to take away his anger and fill him with true peace.

Years later, during a major war, Desmond joined the army. Because he trusted God to help him, he chose to serve as a medic. He wanted to heal hurt soldiers rather than carry a weapon. Every night in the busy, loud camp, Desmond would quietly sit on his bed to read his Bible and pray.

The other soldiers did not understand his peaceful ways. They thought his choice to not fight made him weak. They were mean to him because of his faith. They called him bad names, made fun of his beliefs, and even threw heavy boots at his head while he was kneeling on the floor to pray.

It would have been easy for Desmond to let his old anger take over and fight back. But he asked God for strength. Because of this, his heart remained full of quiet peace. He refused to get mad, answering their cruelty with kindness instead. He even offered to help the men who were mean to him.

Desmond showed us that when we ask God for help, His quiet peace is stronger than our anger.

#### 📖 Activity:

Today's promise says God's word is like a shield that gives us peace so words won't offend us. Build a pretend shield out of a large piece of cardboard or grab a large pillow. Have one person hold the shield. Have another person gently toss soft items (like rolled-up socks or yarn balls) to represent "mean words." Every time a soft item hits the shield, the person holding it says the promise: "Psalm 119:165!"



## Today's Promise (#103) — NKJV

Proverbs 15:1 "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.*

### 📖 Bible Story (1 Samuel 25)

Before David became king, he and his men lived out in the hot, dusty wilderness. While they were there, they were kind to a wealthy man named Nabal. David's men acted like a strong wall, working day and night to protect Nabal's shepherds and his sheep from wild animals. They never took anything that did not belong to them.

Later, when Nabal was having a big feast, David sent his men to kindly ask for some food. "Please remember how we treated your helpers well," they said. But Nabal was a harsh and selfish man. He laughed at David's men and shouted, "Why should I give anything to you?"

When David heard those cruel words, he was so mad! He ordered his men to grab their heavy swords. He marched furiously toward Nabal's house, ready to fight. Nabal's harsh words had stirred up a terrible anger inside David.

Thankfully, Nabal's wife, Abigail, heard what was happening. She quickly packed a feast of fresh bread, roasted grain, and sweet raisins. She rode out on a donkey to meet the angry men. When she saw David, she bowed down to the ground and spoke gently. "Please forgive my husband," she said in a calm, soft voice. "Don't do something you will be sorry for. Let God take care of it."

Abigail's calm, respectful words changed everything. Her soft answer stopped David's anger! He put his sword away and thanked her, saying, "God sent you to stop me from making a big mistake." Her gentle words brought peace. Abigail showed us that when someone is angry, a kind answer can stop a fight.

### 💬 Discussion Questions:

- What did Abigail say or do that helped stop David from making a big mistake?
- Why was Jamie so angry at his nurse?
- Can you think of a time when kind words or actions helped calm someone down? What happened?

### ☀️ True Story

When Jamie Winship was seventeen years old, his world came crashing down. He had suffered a severe wrestling injury, and when he woke up in a bright hospital room, the doctor delivered devastating news: he might never play sports again, and his lifelong dream of passing the physical exam to become a police officer was likely over.

Jamie was crushed. But mostly, he was furious. He was so filled with wrath and bitterness that he lashed out at everyone around him, especially the nurse who came to care for him. Every time she walked in to check his bandages, he was mean. He insulted her, spoke to her with deep hostility, and refused to let her talk.

He expected her to get angry, to yell back, or to just leave him alone. But the nurse chose a different path. She didn't raise her voice or fight back. Instead, she stepped closer, gently touched his arm, and spoke with quiet kindness. She looked right at him and said, "I will help your body get well, but the thing that is going to kill you in life is your anger."

Over the next few days, her soft, loving answer melted his wrath. Jamie realized her gentle peace was far more powerful than his hostility. He stopped yelling, listened to her talk about God's love, and eventually gave his life to Christ. The heavy anger that had trapped him in that hospital bed was finally gone.

This story shows us that soft answer does more than just stop a fight. It has the power to heal a hurting heart and change a life.

### 📦 Activity:

Put a scoop of baking soda in a cup. This is an angry person! Pour in a little vinegar, which represents a "harsh word." Watch the angry explosion! Next, put baking soda in a new cup and add cool water instead. This is a "soft answer." See how there is no explosion? When someone is mad at you, ask God to help you be the cool water that stops the fight, instead of the vinegar that makes it explode!

## Anger — Day 4



# Precious Promises

### Devotional Guide



 Listen to  
Scripture Song:



### Today's Promise (#104) — KJV

**Proverbs 25:28** "He that hath no rule over his own spirit is like a city that is broken down, and without walls."

**James 1:19-20** "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** "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.*

#### Bible Story (Judges 13-16)

Samson was the strongest man who ever lived. God gave him special strength to protect His people from their enemies. He was so strong that he could fight a wild lion with his bare hands! He could even snap heavy ropes off his arms as if they were thin pieces of string. No one could beat him in a physical fight.

But even though Samson had a strong body, he had a weak spirit. He struggled with a quick temper. The Bible says that a person who cannot control their anger is like a city with broken-down walls. Because Samson's walls were broken, anger could rush into his heart at any moment. He never practiced holding his peace.

When things did not go his way, Samson would lose his temper. Once, some men played a mean trick on him. Instead of staying calm, Samson let his anger take over. He rushed out and made poor choices that hurt many people. Another time, he became so mad that he caught three hundred foxes! He tied torches to their tails and used them to burn down a whole field of food!

Samson never learned how to rule his own spirit. Because he let his anger control him, he made foolish mistakes again and again. Eventually, his lack of self-control led him right into a dangerous trap. He was captured, and he lost all of his amazing strength. Samson's story reminds us that real strength is not about having big muscles. The strongest person in the world is the one who stays calm and controls their temper. Even the strongest person is weak without God's help to control their spirit.

#### Discussion Questions:

- What was Samson's biggest weakness, even though he had huge muscles?
- What did Ben Carson do immediately after his knife broke?
- When you feel your temper starting to rise, how can you practice being "slow to wrath"?

#### True Story

Ben Carson was a very smart boy, but he had one dangerous problem: a terrible temper. If someone disagreed with him or made him angry, he did not just get a little upset. Sometimes he lost control. He would hit people, throw things, and let anger rule his actions. He had not learned to rule his own spirit.

When Ben was fourteen years old, he got into an argument with a good friend over what music to listen to on the radio. Ben became so angry that he grabbed a small camping knife and swung it toward his friend.

By God's mercy, the blade struck the large metal buckle on his friend's belt. The knife broke, and his friend ran away frightened.

Ben stared at the broken knife. He realized his anger had almost ruined his life and could have badly hurt his friend. Terrified of his own temper, Ben ran home, went into the bathroom, and locked the door. He knelt down with his Bible and began reading the book of Proverbs. He read about wisdom, self-control, and the danger of anger.

Ben prayed for hours, asking God to take away his angry heart and help him rule his spirit. God answered that prayer. From that day on, Ben chose to let God help him stay calm. Years later, he became a skilled doctor and performed very difficult surgeries with steady, careful hands.

Ben Carson's story shows us that when God heals an angry heart, He can turn a dangerous temper into a peaceful, useful life.

#### Activity:

Play "Build the City Walls!" Grab some building blocks, pillows, or couch cushions. Have the kids build a strong, sturdy wall completely around a favorite toy. Talk about how the wall protects the toy. Then, gently toss a rolled-up pair of socks at the wall. Explain that having self-control is like having a strong wall—it protects your heart and keeps angry words from bursting out and hurting others! Now leave a gap and try again.



## Today's Promise (#105) — KJV

**Proverbs 29:20** "Seest thou a man that is hasty in his words? there is more hope of a fool than of him."

**Proverbs 29:11** "A fool uttereth all his mind: but a wise man keepeth it in till afterwards."

### ♥ Apply the Promise!

*When you feel furious, it's easy to let angry words burst out. But a wise person takes a deep breath and keeps those words inside until the anger passes!*

### 📖 Bible Story (Numbers 20)

Moses was a great leader, but guiding a huge crowd of people through a hot, dry desert for years was a hard job. One day, the camp ran out of water. The people were upset, and Moses felt the heavy weight of their demands. He was deeply tired, and his patience was running out.

Moses and his brother, Aaron, went to God's tent to ask for help. God gave Moses clear, simple instructions. He told Moses to take his walking stick, gather everyone together, and simply speak to a specific rock. God promised that fresh water would flow out so everyone could drink.

Moses gathered the large crowd in front of the rock, but his heart was not peaceful. Instead of carefully obeying God, Moses let his own frustration take over. He lost his temper. Instead of speaking gently to the rock like God asked, he shouted at the people, "Hear now, ye rebels; must we fetch you water out of this rock?" Then, in a sudden flash of anger, Moses lifted his hand and struck the solid rock with his heavy stick—two hard times!

Because God is kind, cool water did pour out for everyone to drink. But God was sad. Moses had allowed his temper to rule his heart, and he had disobeyed God in front of everyone. Because he spoke in anger and lost control of his spirit, Moses lost the special blessing of leading the people into the Promised Land.

Moses showed us that when we let anger make us speak and act without thinking, it always leads to sad consequences.

### ☀ True Story

Abraham Lincoln was the President of the United States during a long, hard war. It was a stressful job. Sometimes, his generals would make big mistakes that lost important battles. When this happened, President Lincoln would feel furious. He wanted to yell and tell the men how foolish they were being.

But Lincoln was a wise man, and he knew that speaking hasty words would only make a bad situation worse. Instead of screaming or sending a mean message right away, he found a smart way to handle his anger.

He would sit down at his wooden desk and write a letter. He poured out all his angry thoughts onto the paper, writing down every single frustration. He let out his entire angry mind on the page. But then, he did something amazing. He never mailed the letter! He realized that it was much better to let his anger out on a piece of paper than to let it start a fight with a soldier.

Instead, he would fold the paper up, write "Never sent, never signed" on the outside, and lock it safely away inside his desk drawer. By the time he finished writing, his anger had usually cooled down. He could then speak to his generals calmly and kindly to fix the problem.

Years after he died, people opened his desk and found a whole drawer full of these angry letters!

President Lincoln showed us that a wise person locks their angry words away until they have the peace to speak gently.

### 💬 Discussion Questions:

- What did God tell Moses to do to the rock, and what did Moses do instead?
- What did President Lincoln do with his angry letters instead of mailing them?
- If you feel like saying hasty, mean words today, what is a safe way you can "lock them away" until you calm down?

### 📖 Activity:

Grab a tube of toothpaste and a plate. Squeeze the toothpaste out as fast as possible! This represents letting angry words explode out all at once. Now, try to put it all back into the tube! It's impossible, right? That is exactly what happens with hasty words. Once they leave our mouths, we can never take them back. Ask God to help keep your words inside until your anger cools down!