

WHEN I FEEL MAD

Part 2 of When

The Cornerstone Youth Group. November 12, 2025.

PRAYERS

Psalms 51

Be gracious to me, God, according to your faithful love; according to your abundant compassion, blot out my rebellion. Completely wash away my guilt and cleanse me from my sin.

The Lord's Prayer - Matthew 6

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.

Give us today our daily bread.

And forgive us our sins, as we also have forgiven those who sin against us.

And lead us not into temptation, but deliver us from the evil one.

Prayer Groups

- One thing about God to praise.
- One thing to thank the Lord for.
- One thing to ask the Lord for.

BIBLE STUDY: TEENAGE ANGER

Something everyone experiences at some point is anger. Our teenage years can be full of anger, and we may not understand why. Psychologists report that adolescent anger is “due to rapid changes in the body and brain, hormonal fluctuations, emotional development, and challenges in handling stress and relationships.”¹

So ... Let's talk about anger and how to deal with it.

THE FIRST THING

Being angry doesn't mean there's something wrong with you; it just means you have to find a way to deal with those feelings. Our goal should be to find safe, healthy, and constructive ways of expressing it.

ANGER FEELS LIKE?

What does it feel like when you're angry?

Angry feelings can range from irritation to rage, from inner turmoil to outer violence, and everywhere in between—irritation, yelling, fighting, backbiting, bitterness, or a need for revenge.

It is sometimes good to get angry, for example, when your friend is hurting because they were mistreated. But, listen to the Bible's advice:

¹ <https://childmind.org/article/teens-and-anger/>

Ephesians 4:26-27 (CSB) Be angry and do not sin. Don't let the sun go down on your anger, 27 and don't give the devil an opportunity.

ANGER HAPPENS WHEN?

When do you feel angry?

For example:

Anger is what I may feel when I want something and cannot get it, or someone hurts me in some way, or someone else gets hurt.

To be honest, we do not always know why we feel angry.

ANGER LEADS TO?

When we get angry for the wrong reasons or act out our anger in unhelpful ways, the consequences can be destructive. The Bible describes some of the consequences:

- **Fighting and murder**, James 4:2: “You murder and covet ... you fight and war.”
- **Open door to the devil**, Ephesians 4:27: “the devil gets an opportunity” to make things worse.
- **Outbursts, loss of self-control**, Proverbs 29:11: A fool gives full vent to his anger, but a wise person holds it in check.
- **Harm or evil**, Psalms 37:8: Refrain from anger and give up your rage; do not be agitated — it can only bring harm.

- **God's judgment**, Matthew 5:22: But I tell you, everyone who is angry with his brother or sister will be subject to judgment.

Nothing good comes from sinful anger.

SIX WAYS TO WORK ON ANGRY FEELINGS

Take a deep breath. Don't DO anything.

James 1:19-20 (CSB) My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, 20 for human anger does not accomplish God's righteousness.

Ask yourself: What is happening that is making me angry?

Think positive: What are some constructive ways to deal with what's happening: Forgive, overlook, give the benefit of the doubt, clarify, ask questions (did you mean to?), inform (this is how I feel).

Control yourself by considering the consequences of not venting versus the consequences of venting. Which outcome is best for you?

Pray. "Lord, I feel mad about XYZ. Help me deal with my feelings in ways that please you. Fill me with the Holy Spirit and his fruit of love, joy, peace ... self-control. Thank you. Amen."

Remember the gospel. Whatever evil someone did to you was either paid in full at the cross or will be at the final judgment, so there is no need to get even or make someone pay. Let God deal with it.

Ephesians 4:32 (CSB) And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.