

Handling Your Teenager's Anger

Read Ephesians 4:26; 6:4; James 1:19

I. Introduction

A. Purpose of study

B. Definition of anger

C. Is anger necessarily sinful?

D. Things to keep in mind

1. Anger is not always a sin

2. Righteous anger is God-honoring

3. Anger is not abnormal

4. Unrighteous anger takes on many forms

E. How *not* to handle teen anger

II. Sixteen Tips on Handling Teen Anger

A. Use preventative means

1. Love your teen

2. Linger around your teen

3. Listen to your teen

4. Lavish your teen

5. Limit your teen

6. Legitimize an appeal process

7. Locate the real problem in the heart

B. Don't respond to anger with anger

C. Be slow to wrath

- 1.
- 2.
- 3.
- 4.

D. Be like Christ in controlling your anger

E. Help your teen understand the main cause of his anger

F. Help your teen understand anger, both righteous and unrighteous

G. Help your teen to express righteous anger properly

H. Help your teen understand how to resolve conflict

I. Help your teen cultivate self-control

J. Help your teen understand his need of the Spirit

K. Take the lead in making peace

L. Pray for and with your teen

M. Remember that each child is different

N. Don't take each outburst of anger personally

O. Never address the issue of anger when your teen is angry

P. Do not provoke your children to anger

III. Conclusion

A. Flee to God's throne

B. Flee to God's Son