

Anger

Pages B-1 through B-4
Fireside Catholic Youth Bible - NEXT

Song: Turn the Page

Words and Music by: Aaron Thompson

CD 1, Track 2

FCYB Music CDs

Materials Needed

Fireside Catholic Youth Bible - NEXT, FCYB Music CDs, CD player, small slips of paper, a paper sack, kitchen timer for use in the “Catch Phrase Game” Large Group Activity, a picture (or tape) of the Space Shuttle explosion, paper and pen/pencil for each participant for use in the “Identifying My O-Rings” Large Group Discussion, slips of paper for use in the “Dealing With Resentment” Large Group Activity.

Setting the Stage

As the teens are gathering, have the song “*Turn the Page*” by Aaron Thompson playing in the background. CD 1, Track 2 of the FCYB Music CDs.

Opening Prayer

Dear God, experiencing emotion is a reminder that we are created in Your likeness.

From the Scriptures we know that You love us. You show compassion.

You are sorrowful when we are distant from You. You experienced anger.

We know O God, that anger, in and of itself, is not evil.

Help us to recognize the times and instances when anger is justified.

Please forgive us for the times when our anger has become a sin.

Forgive us for the times we have held on to anger longer than we should.

Forgive us for the times we have acted on our anger in revenge.

Forgive us for the times that we have used our anger to justify thoughts

or acts that have separated us from You and from each other, Amen.

Large Group Activity – “The Catch Phrase Game” (20 minutes)

Ask each teen to write down a word or phrase associated with the word “anger” on a slip of paper. Have them fold their suggestion and place it in the paper sack. Some suggested words/phrases: mad, resentment, revenge, forgiveness, devil, argument, quarrel, fight, irritated, annoyed, madder than a hornet, ticked off, rude, etc.

Place a kitchen timer on the table. Divide the players into two teams. Arrange the players in a circle around the room alternating players from opposing teams. The object of the game is to have the person in the middle of the circle give a sufficient clue to get his/her team to say the word or phrase that he/she draws out of the sack. This is a combination the games Password and Charades. The player cannot use any part of the word or phrase in their description. Once the player gets their teammates to say the word he/she passes the paper sack to the next person (from the opposing team) in the circle. That player draws another slip of paper out of the sack revealing the word/phrase he/she must get his/her teammates to say. Continue until the buzzer goes off. The team that is not currently giving clues when the buzzer goes off scores a point. Continue until all the words are used or for a specified time limit.

Large Group Discussion – “Identifying My O-Rings” (10 minutes)

Read the 1 on 1 With Christ article on page B-4 in the **Fireside Catholic Youth Bible - NEXT**. Show a picture or a film clip of the space shuttle Challenger exploding. Give each teen a paper and pen/pencil. Instruct them to write down one situation or one person (one O-ring in their life) that really makes them mad. Encourage them to put in writing the details of this source of anger. Discuss the teens’ answers.

Small Group Discussion – “Scripture Search” (10 minutes)

Read the What Does The Bible Say About Anger? Section on page B-2 in the **Fireside Catholic Youth Bible - NEXT**. Divide the teens into smaller “working groups.” Have them look up these Scripture passages and share with each other what they mean to them in relation to dealing with anger. (Include in the discussion that sometimes when you express your anger, an extenuating circumstance might be the cause not the person or situation that set you off. Include in the discussion that anger as an emotion is not a sin.) Have the teens share the situation or the person they wrote down after reading the 1 on 1 with Christ article on page B-4 in the **Fireside Catholic Youth Bible-NEXT**. After each sharing, ask the teens to give their peers suggestions of how they could respond virtuously.

Large Group Activity – “Dealing with Resentment” (15 minutes)

Begin this activity by asking the teens this question: “What is it called when you hold on to anger?” (Answer: *Resentment*) Give each teen a small slip of paper. Have them privately think about a resentment they are holding on to in relation to any relationship in their life. It could be something from the past or something very recent. Have them write a word or phrase that captures that resentment on the slip of paper. When everyone has finished, instruct each person to crumble the paper and hold it in his/her hand as tightly as they can. Tell them not to let up the pressure. Tell them to concentrate on the muscles in their arm that is holding the paper. Ask them what this tight grip is doing to the flexibility of their muscles. Ask them the following questions: Do they hurt? How do you think this would feel after an hour? After a full day? How about months or years? After two minutes, have the teens slowly open their hands, a finger at a time. Tell them to feel the freedom that comes with letting go of the resentment sheet. Go immediately into the Closing Prayer.

Closing Prayer (5 minutes)

Heavenly Father, help us to let go of our anger and resentment. Lead us to seek Your forgiveness in the Sacrament of Reconciliation, forgiving those who have wronged us and asking Your forgiveness of everyone we have wronged. Relax our minds and hearts as we turn our concerns over to You. Help us turn the page on a new chapter in our lives free of the hurt and pain that anger and resentment often bring. Heal us, Lord and lead us to discover that we are loved more than we know and that, through Your cross and resurrection, You are truly our God, Amen.

Bed Thinks

When you go to bed tonight, ask yourself . . .

**Is there anyone I may have offended because of my anger?
Ask God to help you seek reconciliation with this person.
Resolve to do this as soon as possible.**

(Type this message on a small piece of paper and give to each teen as they leave.)

Anger

Pages B-5 through B-8
Fireside Catholic Youth Bible - NEXT

Song: Turn the Page
Words and Music by: Aaron Thompson

CD 1, Track 2
FCYB Music CDs

Materials Needed

Fireside Catholic Youth Bible – NEXT, FCYB Music CDs, CD player, DVD player, a markerboard or chalkboard to record the list made in the What Jesus Did Large Group Discussion, supplies for the What Jesus Said Large Group Discussion.

Setting the Stage

No special arrangements are needed to set the stage for this session plan.

Opening Prayer (5 minutes)

Leader: Dear Lord, help us to turn the page on any anger we may be holding on to. Help each of us to see that, no matter what we have done, through Your merciful heart we are loved more than we will ever know. Listen to the song “Turn the Page,” by Aaron Thompson. CD1, Track 2 of the FCYB Music CDs. Conclude with: Leader: Open our hearts to the message Your cross has left for us. In Your name we pray, Amen.

What Jesus Did

Large Group Discussion – “The Anger of Jesus” (15 minutes)

Ask the teens the question, “Was Jesus ever angry?” Have the teens brainstorm all the times they can remember in Jesus’ life when He showed anger. Make a list of these times. Have teens read Mark 3:1-5 in the text pages in the **Fireside Catholic Youth Bible – NEXT**. Ask the group to explain what is happening in this Scripture account. Ask, “Why was Jesus angry?”

Have teens read the What Jesus Did article on page B-5 in the **Fireside Catholic Youth Bible – NEXT**. In a follow-up discussion, ask the teens what Jesus meant by “hardness of heart.” Discuss why this condition or state of mind would have been serious enough for Jesus to become angry about. Have the teens give examples of people in their experiences that have exhibited “hardness of heart.” Or, ask the teens to share a time when they might have been guilty of the same thing.

Discuss with the students what we might see as “hardness of heart” in today’s culture (stubborn, strong willed, etc.) Ask why this is just as dangerous to us as it was to those that confronted Jesus. Encourage them to share examples of behaviors that would represent the opposite of being “hard of heart?”

Then, discuss the teens’ answers to these questions:

1. Ask the teens to answer this question in their mind: Have you ever acted in a way or been in a frame of mind where, if He faced you, Jesus could have a reason to be mad at you? Do you recognize Jesus as the Son of God and as God’s gift in your life?
2. Discuss things in our world that should provoke anger in us. Could the difference between “just” anger and anger that leads to sin be whether you are focused on others or yourself?

What Jesus Said

Large Group Discussion – “The Value of a Vent” (15 minutes)

Show a video clip of volcano erupting, or, do a science experiment of a volcano erupting. (This experiment is easy to duplicate. Simply google “science experiment volcano” for some ideas.)

Have teens read the In My Example article on page B-8 in the **Fireside Catholic Youth Bible – NEXT**. Then, discuss the teens’ answers to these questions:

How do you vent to others? (face-to-face, texting, facebook, twitter?)

Have you ever thought about why you vent?

What are you hoping to accomplish when you vent to a friend who is willing to listen?

Do you exhibit these good qualities of a “good venter?”

1. Chooses wisely who he/she vents to. 2. Doesn’t vent to everyone who will listen. (Venting over and over again isn’t very healthy.) 3. Vents to God and asks for healing of his/her anger.

What about when you are the one who is listening to someone else.

Do you exhibit these qualities of being a good “ventee?”

1. Listens with empathy and concern. 2. Doesn’t incite more anger but helps your friend to calm down once the venting is over. 3. Prays with (and for) your friend asking God to heal their anger.

Putting My Faith Into Action

Small Group Discussion (15 minutes)

Divide the teens into groups two or three to discuss the To Make or Break and Tips for Talking entries on page B-7 in the **Fireside Catholic Youth Bible – NEXT**.

Make - Share about a time when you were angry and lost control. What was the result? How would things have worked out differently if you had said a prayer?

Break - Share about a time when jealousy or envy caused you to respond in anger. Were you really mad at the person or upset at the circumstances?

Tips for Talking - Role play the scenario in this section.

Closing Prayer (10 minutes)

Proclaim Matthew 5:23-24 at the top of page B-6 in the **Fireside Catholic Youth Bible - NEXT**. Then, encourage the teens to think about someone who they may be angry with, a person they need to reconcile with. Encourage them to ask God, in the silence of their heart, to forgive them for their anger and to give them the courage to seek forgiveness. (Pause in silent prayer.) Then explain to the group the purpose of the “Sign of Peace” we exchange at Mass. (It provides for us a way to be reconciled with our brothers and sisters before receiving Christ in the Eucharist.) After a moment of silence say, “Let’s offer each other a sign of peace.”

Mindful in the Morning

When you wake up in the morning, before you get out of bed . . .

Ask Jesus to help you be at peace with your family and your friends today.

(Type this message on a small piece of paper and give to each teen as they leave.)