

### MAIN POINT:

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**Psalms – God is Worthy of our Anger** There are two types of anger. Human anger and righteous anger. Righteous anger is anger that is directed at sin and evil in this world. It's ok to feel angry about an injustice in the world. Human anger, however, is when we are angry about something that irritated us or maybe something that happened that we really didn't like. We all experience this kind of anger and it is not a sin necessarily, but what we do with that anger has the possibility of leading us into sin. We can give our anger over to God. He is worthy to take it and calm us, to replace it with healing and love.

### FAMILY DISCUSSION:

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1. **When you were younger, what were some things that made you angry (even if they seem silly now)?**

*(When something on your dinner plate was a food you hated, when you didn't get what you wanted, when your sibling touched your stuff.)*

2. **Have you ever heard of the difference between human anger and righteous anger? How would you explain the difference between the two to someone?**

- **Human anger = anger is not a sin. What we do with anger is what can lead us to sin.**
- **Righteous Anger = being angry about evil and things in opposition to God.**

3. **How does it make you feel knowing that God is a righteous judge and He will be your shield and protector?**

*(Righteous is important because it means God always makes the best choice, He can't make a wrong choice, it helps us to trust Him, God's on our side, He's for us, wants the best for us.)*

4. **Today we were able to learn 3 things about God through David's response to anger:**

- **God is a protector for the innocent**
- **We love our enemies and oppose God's enemies**
- **We pray in alignment with God's character**

**Which one of those 3 areas do you find it hard to believe, understand, or follow?** *(ie where has it been hard to see God as your protector? Where has it been hard to love your enemies? Where has it been hard to pray and ask God to take away the anger you are facing or see people the way He sees them?).*

### FAMILY PRAYER:

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Ask your child how you can pray for them.

- What is their biggest concern this week?
- Where do they see God working in their life?

Pray with and for your child.

- (Student's name), may you be reminded this week that God is your shield, your refuge, your Saviour, your deliverer, your righteous judge. He is the great I Am, the most high God. May you experience freedom this week as you pour out your heart to God and give him the human anger you have been holding on to. May you give thanks and praise the Lord because He is worthy!
- God – thank You for caring about everything we went through this week and the things we are upset about. Thank You for how you are a mighty shield that protects us and You have overcome evil, darkness, and sin in this world. May we rest in the truth this week that You are a mighty lion fighting our battles! We pray all of these things in your name, Amen.