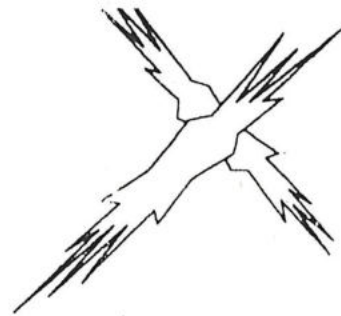


DEALING WITH ANGER



Opening Prayer / Bhajan

1 Look at Life

A little boy had a bad temper. In an attempt to correct him, his father gave a bag of nails and told him that every time he lost his temper, he must hammer a nail into the wooden fence of their little garden. The first day, the boy had driven 37 nails into the fence. As he learned to control his anger, the number of nails reduced and he discovered it was easier to hold his temper than to drive those nails into the fence.

Finally, the day came when he didn't lose his temper at all. He joyously told his father about it, who suggested that the boy now pull out one nail every time he was able to hold his temper. At last, one day all the nails were out. The father proudly and lovingly took him to the fence and said, "You have done well, my son, but look at the holes in the fence. When you say things in anger, they leave a scar just like this one. It won't matter how many times you say I'm sorry, the wound is still there."

- ✧ Recall any incident where because of uncontrolled anger, you have caused deep hurt, grievous harm or broken a relationship? Share with your neighbour.
- ✧ Have you gone back and said sorry to the hurt person. If yes, did it help patch up the difference and was the relationship weakened or strengthened.

2 We listen to God: Read each proverb twice

Proverbs: 14: 29 – 30, 15: 18, 16: 32

- ✧ Whoever is slow to anger has great understanding, but one who has a hasty temper exalts folly. A tranquil mind gives life to the flesh, but passion makes the bones rot.
- ✧ Those who are hot-tempered stir up strife, but those who are slow to anger calm contention.
- ✧ The one who is slow to anger is better than the mighty one who captures a city

3 Reflection / Sharing

There are many undesirable consequences of anger, on self and others. One really doesn't have to be a scientist or a researcher to know the effects of anger on one's health. Anger impacts our body in several ways. Angry people are more likely to suffer from high blood pressure, hypertension, cardiac diseases and stress-related disorders. Anger cannot be completely wiped out all of a sudden. Controlling anger is a gradual process and each one should make efforts to learn "Anger Control".

- ✧ We reflect for 2-minutes on the scripture passage and share in general how we can find ways and means of controlling our anger.

Thought for the day: **Anger is only one letter short of danger.**

Anger is like those ruins which break themselves upon what they fall

Concluding Prayer / Hymn



In the name of Jesus(2)
We have the victory
In the name of Jesus(2)
Demons will have to flee
When we stand in the name of Jesus,
Tell me who can stand before us,
In the name of Jesus...Jesus,
We have the victory

♬ - ♬ - ♬ - ♬ - ♬ - ♬