

*The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.*

## ANGER

Anger is defined by Google as a strong feeling of annoyance, displeasure, or hostility. Everyone deals with it, but 1 in 12 teens has an anger disorder<sup>124</sup>, 2 of 3 teens reported violent lifetime anger attacks<sup>126</sup>, and the same number have experienced an anger attack toward others<sup>125</sup>. The mean age for IED (an anger disorder) is 12 years old<sup>126</sup>. So how do we deal with anger?

The Bible is clear: anger is not a sin but can quickly lead us to sin. God/Jesus gets angry (2 Kings 17:18, Mark 3:5), and we can be angry about the right things, but can't sin from that anger (Eph. 4:26). We're told to be slow to anger (James 1:19), patient and gentle (Prov. 16:32, 15:1), not to take revenge (Rom. 12:17-21) to treat others as we'd want to be treated (Luke 6:31), to check ourselves (James 4:1) and to not be friends with people who are always angry (Prov. 22:24-25). For those struggling with anger, Jesus gives supernatural peace (John 14:27, Phil. 4:7) so we can be led not by emotions, but by God's Spirit and peace (Gal. 5:16, Col. 3:15).

## BIBLE VERSES TO CONSIDER:

2 Kings 17:18 "So the Lord was very angry with Israel and removed them from his presence. Only the tribe of Judah was left."

Mark 3:5 (Jesus) "He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored."

Ephesians 4:26 ""In your anger do not sin (Psalm 4:4)," Do not let the sun go down while you are still angry."

James 1:19-20 "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

Proverbs 16:32 "Better a patient person than a warrior, one with self-control than one who takes a city."

Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."

Romans 12:17-21 "Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil but overcome evil with good."

Luke 6:31 "Do to others as you would have them do to you."

James 4:1-3 "What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures."

Proverbs 22:24-25 "Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared."

John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Galatians 5:16 "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."

Colossians 3:15 “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

Genesis 4:5-8 “but on Cain and his offering he did not look with favor. So, Cain was very angry, and his face was downcast. Then the Lord said to Cain, “Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.””

Psalms 37:8 “Refrain from anger and turn from wrath; do not fret—it leads only to evil.”

Proverbs 15:18 “A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.”

Proverbs 29:22 “An angry person stirs up conflict, and a hot-tempered person commits many sins.”

Proverbs 14:29 "Whoever is patient has great understanding, but one who is quick-tempered displays folly."

Proverbs 19:11 "A person's wisdom yields patience; it is to one's glory to overlook an offense."

Ecclesiastes 7:9 "Do not be quickly provoked in your spirit, for anger resides in the lap of fools."

Galatians 5:19-21 "The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God."

Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."

Proverbs 29:11 "Fools give full vent to their rage, but the wise bring calm in the end."

Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

Psalms 37:8 "Refrain from anger and turn from wrath; do not fret—it leads only to evil."

Proverbs 17:14 "Starting a quarrel is like breaching a dam; so, drop the matter before a dispute breaks out."

Proverbs 13:20 "Walk with the wise and become wise, for a companion of fools suffers harm."

1 Corinthians 15:33 "Do not be misled: "Bad company corrupts good character.""

Colossians 3:8 "But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips."

Matthew 5:21-22 ““You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.”

Romans 12:18-19 “If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.”

Philippians 2:14 “Do everything without grumbling or arguing.”

1 John 3:15 “Anyone who hates a brother or sister is a murderer, and you know that no murderer has eternal life residing in him.”

Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

1 Peter 3:9 "Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing."

1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Nehemiah 5:6 "When I heard their outcry and these charges, I was very angry."

Judges 2:14 "In his anger against Israel the Lord gave them into the hands of raiders who plundered them."

Exodus 34:6 "And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness."

Isaiah 48:9 "For my own name's sake I delay my wrath; for the sake of my praise I hold it back from you, so as not to destroy you completely."

Proverbs 6:16-19 "There are six things the Lord hates, seven that are detestable to him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush into evil, a false witness who pours out lies and a person who stirs up conflict in the community."

## STATS & QUOTES TO CONSIDER

Nearly 1 in 12 teens has anger disorder, Harvard study finds.

While most teens have a violent, angry outburst at some point during their adolescence, nearly 8 percent have regular violent outbursts that would fall into the category of a mental health disorder.

“To our surprise, it turns out to be one of the most common mental health disorders in adolescents,” said study leader and Harvard epidemiologist Ronald Kessler.

But some mental health providers question whether intermittent explosive disorder is even a true illness in teens and are fighting to keep it out of the latest edition of the handbook of psychiatric diagnoses, called DSM-V, which is due out next year.

Adolescents, in particular, put a high premium on looking good in front of their peers, Wakefield added, so they may be more likely than adults to lash out when feeling humiliated or threatened.

Nearly two-thirds of U.S. adolescents have experienced an “anger attack” that involved threatening violence, destroying property or engaging in violence toward others, according to new research.

The Ethics of American Youth Survey questioned 43,321 teens ages 15 to 18.

- 52% of these students have hit someone in anger.
- 8% (37% of boys, 19% of girls) of these students say it's okay to hit or threaten a person who makes them angry.
- One in 12 teens met the criteria for Intermittent Explosive Disorder. That's about six million teens nationwide.
- 63.3 percent of adolescents reported lifetime anger attacks that involved destroying property, threatening others, or engaging in violence
- 12 years was the mean age of IED onset.