

# AT THE MOVIES!

[ ] COLLIDE

## Week 1 – July 6-8

Have you ever felt overwhelmed by your emotions, particularly anger? What triggered those feelings?

### Read James 1:19-20

What do these verses teach us about managing our emotions, specifically anger?

Wade said, "Sometimes my temper is just me telling myself something I'm not ready to hear," What do you think he meant by this?

How can we listen to our emotions without allowing them to control us?

What are some practical steps we can take to respond to our feelings in a way that honors Jesus?

*Some examples: practice deep breathing, write down what's bothering you and rip it up, squeeze a stress ball, or talk to someone about it like a friend, parent or leader.*

*Leader note: Share personal strategies or experiences of managing anger or other strong emotions.*

**Next Step:** Decide on one way you can practice coping skills this week when you feel yourself letting your emotions control you.