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## ANGER



**anger - n.** The strong feeling of being very annoyed.

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### **Genesis 4:6–7**

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 master it.”

### **Psalm 37:8a**

*Refrain from anger and turn from wrath.*

### **Proverbs 15:1**

A gentle answer turns away wrath, but a harsh word stirs up anger.

### **Proverbs 22:24–25**

Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared.

### **Ephesians 4:26–27**

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

### **James 1:19–20**

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires.

**See also:** Proverbs 14:17a, 29; 15:18; 29:22;  
Ecclesiastes 7:9; Ephesians 4:31

### Discussion

Think of a recent time you were angry.

- Was it really worth getting angry?
- How could the situation have been handled differently?
- What does anger accomplish?
- What are some methods that will help calm anger? (See how many your child can think of on his own.)
- Take a deep breath and count to ten before reacting in anger. Use the time to think how you can calmly handle the situation. See Psalm 37:8a.
- Politely walk away, and do not discuss the situation until you have had time to calm down. See Psalm 37:8a.
- Pray over the situation, even if you only have a moment. Ask God to help you control your anger and deal with the situation in a reasonable manner. Read James 1:19–20.
- Remain calm and speak quietly when you feel the anger rising in you or the other person. Using this method in an intense situation will often speak more strongly than a loud, angry voice. See Proverbs 15:1.

Read and discuss the warnings about anger in Genesis 4:6–7 and Proverbs 22:24–25.

### Take Action

1. Challenge each other (parent and child) to use one or more of these methods for a week. After each situation, discuss how both of you fared with the tactics and what needs to be improved. Focusing on these strategies for a period of time will help them become habits.

2. Remember Ephesians 4:26 and try to work through any anger before bedtime.

## APATHY



**apathetic - adj.** If you are **apathetic**, you do not care about anything or want to do anything.

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**Genesis 25:34** (For context, read verses 29–34.)

Then Jacob gave Esau some bread and some lentil stew.  
He ate and drank, and then got up and left.  
So Esau despised his birthright.

**John 10:11–13**

“I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand is not the shepherd who owns the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. The man runs away because he is a hired hand and cares nothing for the sheep.”

**Galatians 6:9**

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.*

**Colossians 3:23–24**

Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

**Titus 3:14**

Our people must learn to devote themselves to doing what is good, in order that they may provide for daily necessities and not live unproductive lives.

**Hebrews 6:12**

We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.

### Discussion

Are you apathetic in any area of your life?

- What are the consequences of your apathy?
- Whom does your apathy affect?
- Why should you work at not being apathetic?
- Read Galatians 6:9.

Read what Jesus says in John 10:11–13 and discuss the apathy of the hired hand.

Sometimes apathy is simply caused by not thinking through your actions. Read about Esau’s unfortunate moment of apathy and discuss the consequences (Genesis 25:29–34).

### Take Action

Galatians 6:9 chart:

<b>Area</b>	<b>Consequences of Apathy</b>	<b>Rewards of Not Being Apathetic</b>
Homework	Low grades Discipline at home Might not pass Held back a grade Not be with friends	Good grades Not in trouble Stay on grade level Sense of achievement

Follow the example of the chart above and think through the consequences of your apathy in the areas with which you are struggling. Pray that you will “not become weary in doing good.” After you have overcome the apathy, enjoy “reap[ing] the harvest.”

## APPRECIATION



**appreciate - v. 1.** To enjoy or value somebody or something. **2.** To understand something. *I appreciate your point of view.*

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### **2 Kings 4:13**

Elisha said to him, “*Tell her, ‘You have gone to all this trouble for us. Now what can be done for you? Can we speak on your behalf to the king or the commander of the army?’*”  
She replied, “I have a home among my own people.”

### **Psalms 100:4–5**

Enter his gates with thanksgiving and his courts with praise; *give thanks to him and praise his name.* For the Lord is good and his love endures forever; his faithfulness continues through all generations.

### **Colossians 3:16**

Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.

### **1 Thessalonians 5:12**

Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you.

### Discussion

How does appreciation go beyond thankfulness?<sup>1</sup>

- What are some things you appreciate? Why?
- Name some people you appreciate. Why?
- What are some things that have been done for you that you appreciate? Why?

### Take Action

1. In 2 Kings 4:13, Elisha demonstrates a way to show your true appreciation when someone has done something special or thoughtful for you. Elisha says, “You have gone to all this trouble for us. Now what can be done for you?” Think of someone who has gone to some trouble for you. How can you express your appreciation? (Write a card, call or tell him in person, ask what you can do for him, make something for him . . .)

2. Follow the instructions in Colossians 3:16 and sing psalms, hymns, and spiritual songs to express your gratitude and appreciation to God. Listen to your favorite songs of praise so you can memorize them and sing them anytime.

3. When writing thank-you notes, go beyond merely saying thank you. Try to genuinely express why you appreciate the gift, person, or action. For example, in Psalm 100:4–5, the writer not only instructs us to thank and praise God, but he also gives several reasons.

### Parenting Tip

Make thank-you notes mandatory. The child may see it as a chore, but it will instill in him a positive habit and cause him to take time to express appreciation.

### Related topic: Thankfulness

1. Appreciation involves the understanding of the worth or importance of something.

## ATTITUDE



**attitude** - *n.* Your opinions and feelings about someone or something. *Theo has a positive attitude toward his work.*

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### **Ephesians 4:22–24**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

### **Philippians 2:5**

*Your attitude should be the same as that of Christ Jesus.*

### **Philippians 4:8**

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

### **Colossians 3:23–24**

Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

### **1 Thessalonians 5:16–18**

*Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.*

**See also:** Ezra 6:22; Daniel 3:19



## Discussion

Look up Ezra 6:22 and Daniel 3:19 and label each verse as an example of a positive or negative attitude.

It is obvious from these two verses that your attitude affects your actions. What else does your attitude affect?

- Others
- Your health
- Your walk with God
- Your words

Can your attitude work both for the positive as well as the negative in each of the ways you just listed?

What do the Scriptures on the previous page say to you about your attitude?

## Take Action

1. Soon after the next time your child has a bad attitude, discuss the following.

- Did your attitude help the situation?
- Did your attitude hurt the situation?
- How did your attitude affect the others around you? Ask them.
- Do you think God was pleased with your attitude?
- Consider how the situation could have been worse. Be thankful that wasn't the case.
- How could you have handled the situation with a positive attitude?
- What can you do as a reminder to have a better attitude in the future?

2. Memorize 1 Thessalonians 5:16–18.

3. Put a smiley face on your mirror so it is the first thing you see in the morning.



## **BEAUTY**

**beautiful** - **adj.** Very pleasant to look at or listen to.

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### **1 Samuel 16:7b**

“Man looks at the outward appearance,  
but the Lord looks at the heart.”

### **Psalms 27:4**

One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple.

### **Psalms 139:14**

*I praise you because I am fearfully and wonderfully made;  
your works are wonderful, I know that full well.*

### **Proverbs 31:30**

Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.

### **1 Peter 3:3–4**

Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.

## Discussion

Which is more important, a person's inner or outer beauty? Read Proverbs 31:30; 1 Samuel 16:7b.; and 1 Peter 3:3–4.

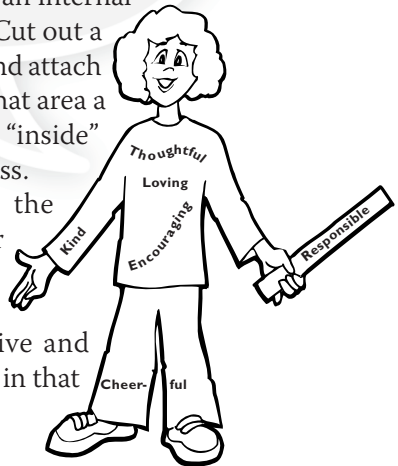
### *Discuss the following sayings:*

- “Beauty is in the eye of the beholder.” —Eighteenth-century proverb
- “Never judge a book by its cover.” —*American Speech*, 1929

## Take Action

Draw a picture of yourself with only the outlines and write words on it that describe how you are internally beautiful. Title the picture, “Beautiful me!” Think of an internal area where you are not so beautiful. Cut out a strip of paper, write that word on it, and attach it to your hand on the picture. Give that area a “make-over” and then add it to your “inside” when you feel you are making progress.

**Older child/youth:** Compare the amount of time you spend on your outer appearance to the time you spend on your inner self. Pick one inner quality that is not so attractive and come up with ways to better yourself in that area.



## Parenting Tip

Reinforce the inner beauty of the child by tempering external compliments with internal compliments.

**Related topic:** Self-respect

## BRAGGING



**brag - v.** To talk in a boastful way about how good you are at something.

**boast - v.** To talk proudly about what you can do or what you own in order to impress people.

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### Jeremiah 9:23–24

This is what the Lord says: *“Let not the wise man boast of his wisdom or the strong man boast of his strength or the rich man boast of his riches, but let him who boasts boast about this: that he understands and knows me, that I am the Lord, who exercises kindness, justice and righteousness on earth, for in these I delight,”* declares the Lord.

### Matthew 6:2a

“So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by men.”

### 2 Corinthians 11:30

If I must boast, I will boast of the things that show my weakness.

### Ephesians 2:8–9

For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast.

### James 4:16

As it is, you boast and brag. All such boasting is evil.

**See also:** 2 Corinthians 12:7–10; James 3:5

### Discussion

What is the difference between being proud of yourself and bragging? See definitions of *brag* and *boast*.

Read Matthew 6:2a for an example of bragging.

Think of a time when someone you know was bragging.

- How did it make you feel?
- How did it make you think of that person?

Think of a time when you bragged.

- How do you think it made others feel?
- What is something good you could do in place of bragging about yourself? See Take Action.

Read Jeremiah 9:23–24 and discuss what it says about boasting.

Read 2 Corinthians 11:30.

- Why would you want to boast about your weaknesses?
- Look up and read 2 Corinthians 12:7–10.

### Take Action

The next time you feel like bragging about yourself, find a way to lift someone else up by complimenting him. In front of your friends or family, pick something nonmaterial you admire about one of them and tell the others why you admire that person.

- How would doing that make the other person feel?
- How would it make you feel?
- Weigh the feeling you would gain from complimenting the other person against bragging about yourself. How do they compare?

**Related topics:** Pride; Conceitedness

## CHANGE



**change - v.** To become different or to make different. *We changed the furniture in the living room.*

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### **Ecclesiastes 3:1–2**

*There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot.*

### **Philippians 4:12**

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

### **Hebrews 13:8**

Jesus Christ is the same yesterday and today and forever.