

OVERCOMING ANGER & FEAR

HELP FOR CHILDREN AND THEIR PARENTS



What Causes Anger or Fear?

- ✓ Bad events?
- ✓ Life circumstances?

Proverbs 23:7 – As a man _____ in his heart, so is he.

Luke 6:43-45 – Out of the good treasure of his _____, he brings forth good.



Neuroplasticity: The ability of the brain to _____ according to how it is used.

A _____: A castle of thoughts and habits built into our hearts.

- ❖ Battling Lies with Truth:
<https://homeschoolingtorah.com/2019doorkeepers/session-1-battling-lies-with-truth>



Truth Statements

Jeremiah 1:4-7 – Jeremiah learns to speak truth.

Example:

You Try It:

<p>Jeremiah said:</p> <p>“Ah, Lord God! Behold, I cannot speak, for I am a youth.”</p> <p>YHVH said:</p> <p>“Do not say, ‘I am a youth,’ For you shall go to all to whom I send you, And whatever I command you, you shall speak. Do not be afraid of their faces, For I am with you to deliver you.”</p>	<p>My heart says:</p> <p>“Ah, Lord God! Behold, I _____, for I am _____.”</p> <p>YHVH’s Word says:</p> <p>“Do not say, ‘_____’, For _____.”</p>
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Fear: What YHVH Says

The Lie: God doesn't _____, and God won't _____.

The Truth:

- ❖ "Casting all your care upon Him, for He cares for you" (1 Peter 5:7).
- ❖ "God is our refuge and strength, a very present help in trouble" (Psalm 46:1).
- ❖ "Whenever I am afraid, I will trust in You" (Psalm 56:3).

Put the treasure into the heart _____ the time of need.

- ❖ "Rejoice in YHVH always. Again I will say, rejoice!" (Philippians 4:4).
- ❖ "I will bless YHVH at all times; His praise shall continually be in my mouth" (Psalm 34:1).

Your mind should not be a thermometer but a _____.

Keep a journal of things you are _____ for.

- ❖ "YHVH, YHVH Elohim, merciful and gracious, longsuffering, and abounding in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation" (Exodus 34:6-7).
- ❖ "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Messiah Yeshua. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you" (Philippians 4:6-9).
- ❖ "How precious also are Your thoughts to me, O God! How great is the sum of them! If I should count them, they would be more in number than the sand; When I awake, I am still with You" (Psalm 139:17-18).

- ❖ “Many, YHVH my Elohim, are Your wonderful works which You have done; And Your thoughts toward us cannot be recounted to You in order; If I would declare and speak of them, they are more than can be numbered” (Psalm 40:5).
- ❖ “My grace is sufficient for you, for My strength is made perfect in weakness. Therefore most gladly I will rather boast in my infirmities, that the power of Messiah may rest upon me” (2 Corinthians 12:9).
- ❖ “His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue” (2 Peter 1:3).
- ❖ “If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw *them* into the fire, and they are burned. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you” (John 15:6-7).
- ❖ “Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Messiah Yeshua to all generations, forever and ever. Amen” (Ephesians 3:20-21).
- ❖ “If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him” (James 1:5).
- ❖ “Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them” (Mark 11:24).
- ❖ “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You” (Isaiah 26:3).

What Children Need

A fearful child needs _____.

- ❖ Fear is a symptom that we don't understand the Father's _____.
- ❖ “There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love” (1 John 4:18).

An angry child needs _____.

Anger: What YHVH Says

The Lie: God isn't _____ on my behalf, and His ways don't _____.

The Truth:

- ❖ “Fathers, do not provoke your children to wrath, but bring them up in the training and admonition of YHVH” (Ephesians 6:4).

Proverbs Copywork, by Katherine Hirn (Foundations Press):
<https://foundationspress.com/product/proverbs-copywork-katie-hirn>

- ❖ “The discretion of a man makes him slow to anger, and his glory is to overlook a transgression” (Proverbs 19:11).
- ❖ “Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, ‘Vengeance is Mine, I will repay,’ says YHVH. Therefore ‘If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head.’ Do not be overcome by evil, but overcome evil with good” (Romans 12:19-21).

Teach your children what _____ looks like, by executing it _____ in your home.

- ❖ “For what credit is it if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this is commendable before God. For to this you were called, because Messiah also suffered for us, leaving us an example, that you should follow His steps: ‘Who committed no sin, nor was deceit found in His mouth’; who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously” (1 Peter 2:20-23).
- ❖ “You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust” (Matthew 5:43-45).



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- ❖ “A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness” (Proverbs 15:1-2).
- ❖ “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Messiah forgave you” (Ephesians 4:31-32).

The person struggling with anger thinks about _____;
the person struggling with fear things about _____.

More Verses

Download and print this lovely set of Bible verses. We suggest hanging them on your wall to help you memorize them and to remind you to apply them to your lives.

- ❖ <https://homeschoolingtorah.com/2020-conference-goodie-bag>



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