

Session 5- Goliath Must Fall- Anger  
Music playing as people come in : 6:45

Open with prayer and sing It is Well

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Between Sessions Personal Study:

See if anyone wants to share the random acts of kindness, etc

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Icebreaker questions:

\*How was anger handled in your family when you were growing up?

**Or**

\*If one of your friends said something that really angered you, would you more likely speak up at the time, say nothing, or secretly plan to retaliate?

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Read Scripture- 1 Samuel 17:26-31

What one thing stood out for you in this scripture?

How did Eliab try to provoke David? What anger does he seem to have against David? How did David respond to his brother?

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Video: 20 minutes

Video and Group Discussion

1. How is anger like a smoldering fire?
2. Let's talk about the cauldron of stimuli that adolescents are faced with today.
3. Let's talk about the different forms of anger. \*wrongly placed, \*rightly placed, and \*suppressed, \*Rightly felt but wrongly expressed"

4. What is your usual way of dealing with anger?

5. Is it helpful for you to know that God is our avenger?

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### Living from Victory Activity - Video

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Closing- Read aloud Psalm 32

Blessed is the one

whose transgressions are forgiven,  
whose sins are covered.

<sup>2</sup> Blessed is the one

whose sin the Lord does not count against them  
and in whose spirit is no deceit.

<sup>3</sup> When I kept silent,

my bones wasted away  
through my groaning all day long.

<sup>4</sup> For day and night

your hand was heavy on me;  
my strength was sapped  
as in the heat of summer.<sup>[b]</sup>

<sup>5</sup> Then I acknowledged my sin to you

and did not cover up my iniquity.

I said, "I will confess

my transgressions to the Lord."

And you forgave

the guilt of my sin.

<sup>6</sup> Therefore let all the faithful pray to you

while you may be found;

surely the rising of the mighty waters  
will not reach them.

<sup>7</sup> You are my hiding place;

you will protect me from trouble  
and surround me with songs of deliverance.

<sup>8</sup> I will instruct you and teach you in the way you should go;  
I will counsel you with my loving eye on you.

<sup>9</sup> Do not be like the horse or the mule,  
which have no understanding  
but must be controlled by bit and bridle  
or they will not come to you.

<sup>10</sup> Many are the woes of the wicked,  
but the Lord's unfailing love  
surrounds the one who trusts in him.

<sup>11</sup> Rejoice in the Lord and be glad, you righteous;  
sing, all you who are upright in heart!

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Between Sessions  
Separate Hand out