

no scream zone

introduction

Take a few minutes to talk with the students about tough times with parents, difficult experiences at school, or fights with friends that ended either in anger or with a solution to the problem. Ask them to share how they reacted to these situations. Prior to the meeting, recruit someone to share how they solved a difficult problem or situation without reacting in anger. Use this time of discussion and sharing to lead into today's devotional from Hebrews 12:7-11. Have a student read the passage.

message

1. When times get tough and you feel like screaming or when it seems that someone or something is causing hardship in your life, hold on just a minute! God may be working something out. Could it be that you are being disciplined by the Lord? Think about what the Bible says. God is treating you as sons and daughters. One way God shows His love for you is to discipline you—just as your earthly father did and probably still does.
2. God, who has everything under control, is working in your life. What does this have to do with anger? When we become frustrated with someone or something, we often respond with anger by telling someone off or doing something we regret later. What if, in that moment of anger, we submit to God and ask, "God, what are you doing in my life right now? Is there something you want me to learn?"
3. Let's review what the Bible says about God's work in our lives.
 - He disciplines us and sometimes uses circumstances to do so.
 - He always treats us as sons and daughters, a statement about His love.
 - When we submit to God, the discipline produces a harvest of righteousness. Discipline, therefore, becomes wholesome and beneficial.
4. Read Hebrews 12: 4-6. When things are not going as we think they should, don't lose heart. God has everything under control.

challenge

There is no doubt that we are going to experience rough times and, as a result, anger. If we never did, we would not be human. How we deal with it, though, is our choice. When something or someone begins to irritate us, let's choose to look beyond ourselves and consider what the Lord might be trying to accomplish in our lives. We have the tendency to shift blame, accuse others and look at circumstances instead of dealing with our own weaknesses. The mature response is to look to God. He has everything under control!

