

1. Read together the Bible passage & meaning below:

“Stop being bitter and angry and mad at others. Don't yell at one another or curse each other or ever be rude. Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ”

- Ephesians 4:31-32

- This means that Jesus' followers ought to forgive others - being careful with words and anger by dealing with it in proper ways so that it doesn't make more of a problem -

2. Write down on the Post-it notes lots of different ways you could...

- **Deal with anger (think about who you get angry with most - at home, school, etc.)**
- **Use words in a kind way (think about who you speak to the most - at home, school, etc.)**

[One idea per Post-it note]