

about an hour or so cleaning the family visitation rooms and the toys that the children play with while they are there.

Please join us and be a part of this blessing we bring to these children, to their families and to the tireless workers at DCS.

Foster Care Teens Personal Care Items

1 Youth is continuing to collect "Personal Care Items" for the teens in foster care throughout the year. Items for both male and female teens are being collected in the two bins just outside our youth room. These items will be sorted into personal bags and given to DCS to be distributed to teens who may not even have their own tooth brush or comb.

Whenever you're out shopping for your own personal care items such as soap, deodorant, tooth paste, feminine hygiene items or when you see the "travel size" shampoo, mouthwash, etc., pick up a few extra items and drop them in the bins.

Help share God's love by letting these teens know that somebody really does care about them.

about Anger being one of the most powerful emotions and how it can very easily take control over our choices and our actions. So the phrase, "He who angers you, controls you" means that anything or anybody who angers you can literally influence the choices you make and the actions you take, if you don't keep control of your emotions.

We looked at many ways that our thoughts and our actions can be controlled by somebody who makes us angry.

We looked at how important controlling our anger is to Jesus that He made it one of the first topics He taught in His Sermon on the Mount where He even equated being angry with a brother or sister with murder.

Jesus was basically teaching that our inner thoughts, feelings, and emotions are just as important, if not more important, than our outward actions. That is because when we let our emotions (like anger) control our actions, it can lead us to sin.

We looked at the differences between our anger compared to Jesus' anger and found several main differences. Jesus' focus always remained on God, even when He was angry at the Pharisees, His anger was always righteous anger. Also, Jesus stayed in control of His emotions and did not let His anger control His actions. Finally, Jesus did not STAY angry and let His anger turn into bitterness or hate. He got angry, did something about it, got over it, and moved on.

We looked at **Ephesians 4:26:27** to see "In your anger do not sin" - Stay in control of your emotions. "Do not let the sun go down while you are still angry" - Do not stay angry. and "do not give the devil a foothold". We said that Satan can use our emotions, such as anger. Our anger/bitterness often starts small as a simple offense but as we hold onto it, giving Satan a foothold, we allow it to build stronger and stronger until it takes control away from our mind and causes us to make poor choices based on emotion.

We said that it's okay to get angry, because we will, but the main things are to not allow it to cause us to sin and do not hold onto anger, giving Satan a foothold.

We closed by saying when you feel like you're getting angry, or even just offended, take a moment to consciously take control from your emotions, giving control back to your mind, and think about if it is really something worthy of being angry about.

If not: Then just forget it and move on.

If so: Then get angry, **but do not sin**, then do something about it or forget it and move on.

Upcoming Youth Event

1 Youth Movie Night - Friday, May 24 at 6:30

We will be watching Mel Gibson's, The Passion of the Christ (Rated R). If you want to see what it looked like to take on all the world's sin and to really feel the tremendous sacrifice Jesus suffered through for us, come see this very powerful movie.

Please see us in the Youth room for **parental permission slips** for anyone under 18.



The Passion of the Christ - HD (Trailer)

Bible verses referenced in this lesson: Romans 12:2, Matthew 5:21-24, Ephesians 4:26-27

Let us know if you have any questions.

Have a blessed Week,

Chris & Michelle Miller
1 Youth Ministry