

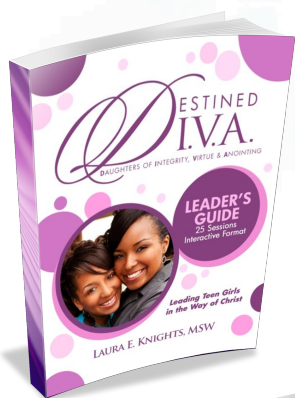


[www.thedestineddivas.com](http://www.thedestineddivas.com)

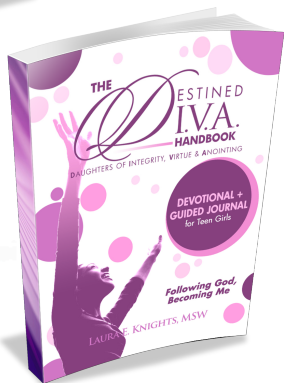
## About The Destined D.I.V.A. Lifestyle System

The Destined D.I.V.A.™ Lifestyle System is a Christian line of resources that includes books and speaking/training services. Our mission is to equip and empower women and teen girls to live for Jesus Christ. The D.I.V.A. Acronym stands for Daughters of Integrity, Virtue, and Anointing. The Destined D.I.V.A.™ Lifestyle System officially launched on August 31, 2013 by Laura E. Knights.

The Destined D.I.V.A.™ Lifestyle System is the only Christian culturally responsive resource of its kind that provides an integrated strategy to assist parents, mentors, and ministries with the positive, holistic development of African-American teen girls. The Destined D.I.V.A.™ Lifestyle System includes the following products & services:



**The Destined D.I.V.A. Leader's Guide** – Small group Bible-based curriculum. The user-friendly format includes 25 interactive sessions on topics such as prayer, self-esteem, managing anger, and healthy relationships. The curriculum is designed to be facilitated by adult women for teen girls, ages 12-18



**The Destined D.I.V.A. Handbook** – A devotional and guided journal for teen girls. The format follows the same 25 topics in the Leader's Guide. It can be used independently by a teen girl or as a companion product with the Leader's Guide

**Destined D.I.V.A. Apparel** – T-shirts with empowering messages for girls and women



**D.I.V.A. Live! Events** – Variety of special events for women and girls, and keynote speaking from Laura E. Knights, the author and creator of the system



**Training + Consulting** – Leader's Training for women who facilitate girls mentoring groups, and program development consulting for girl-specific programs.

The Destined D.I.V.A.™ Lifestyle System  
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## **The Destined D.I.V.A. Lifestyle System Leader's Guide and Teen Handbook Sessions & Format**

### **Session 1:** Laying the Foundation

#### **Theme: IT'S A TWO-WAY STREET (Sessions 2-5)**

**Session 2:** Extreme Makeover (Salvation)

**Session 3:** Hard-Headed Ways (Consequences of Sin)

**Session 4:** Talking to Your Father (How to Pray)

**Session 5:** New Identity (Dead to Self, Alive in Christ)

#### **Theme: STAND OUT! (Sessions 6-8)**

**Session 6:** Take off the Mask (Staying True to Self)

**Session 7:** Walking with Christ (Commitment to Christ)

**Session 8:** Decisions, Decisions (Choices and Decision Making)

#### **Theme: MADE IN HIS IMAGE (Sessions 9-13)**

**Session 9:** What's on Your Tree? (Fruits of the Spirit)

**Session 10:** New Eyes (Self-Esteem)

**Session 11:** Seventy Times Seven?!?! (Forgiveness)

**Session 12:** Seeing Red (Dealing with Anger)

**Session 13:** Follow the Leader (Servant Leadership)

#### **Theme: MY BODY IS A TEMPLE (Sessions 14-17)**

**Session 14:** Looking in the Mirror (Body Image)

**Session 15:** So Fresh & So Clean (Personal Hygiene)

**Session 16:** Hold Out (Dealing with Sexual Temptation)

**Session 17:** Garbage In, Garbage Out (Media Consumption)

Learn more at [www.thedestineddivas.com](http://www.thedestineddivas.com).

**Theme: DEALING WITH OTHERS (Sessions 18-22)**

**Session 18:** What About Your Friends? (Cultivating Friendship)

**Session 19:** Honor and Obey (Relationships with Parents)

**Session 20:** Say What?!?! (Communication Skills & Power of Words)

**Session 21:** Say It Loud (Sharing Our Faith)

**Session 22:** Give Thanks, Give Back (Community Service)

**Theme: FOCUSED ON THE FUTURE (Sessions 23-25)**

**Session 23:** The Road Ahead (Thinking about the Future)

**Session 24:** Write the Vision (Goal Setting)

**Session 25:** When I Grow Up (College & Career Plans)

## The Destined D.I.V.A. Lifestyle System **STATEMENT OF FAITH**



The Destined D.I.V.A. Lifestyle System, including products, signature talks and events, is based on the following tenets of the Christian faith:

***There is one all knowing all powerful God, existing in three persons (the Father, the Son and the Holy Spirit) that created the world and all its contents.***

For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one. (1 John 5:7 KJV)

***Jesus is both completely man and God, and is the manifestation of God's word.***

In the beginning was the Word, and the Word was with God, and the Word was God. The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. (John 1: 1, 14 NIV)

***Jesus Christ is the Messiah. He was born of a virgin through the Holy Spirit.***

This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. (Matthew 1:18 NIV)

***Jesus was crucified on the cross for our sins, was raised to life on the third day with all power, and ascended to heaven to sit at the right hand of God. This act served as blood atonement for our sins, and reconciled us to God because of His grace and mercy.***

They brought Jesus to the place called Golgotha (which means "the place of the skull"). Then they offered him wine mixed with myrrh, but he did not take it. And they crucified him. Dividing up his clothes, they cast lots to see what each would get. (Mark 15: 22-24 NIV)

"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. (Mark 16:6 NIV)

Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. (Romans 8:34 NIV)

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. (2 Corinthians 5: 17-21 NIV)

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. (Ephesians 2:4 NIV)

***Salvation and eternal life are received through accepting Jesus Christ as our Lord and Savior.***

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9 NIV)

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him." (John 14:6-7 NIV)

He who believes in the Son of God has the witness in himself; he who does not believe God has made Him a liar, because he has not believed the testimony that God has given of His Son. And this is the testimony: that God has given us eternal life, and this life is in His Son. (1 John 5: 10-11 NIV)

***The Holy Spirit leads, guides, and lives in us to help us to live according to God's word.***

"If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. (John 14: 15-17, 26 NIV)

***The bible is the Word of God and is an "instruction manual" for while we are here on earth.***

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Timothy 3: 16-17 NIV)

## About the Author



Laura E. Knights, the author and creator of The Destined D.I.V.A.™ Lifestyle System, serves as the primary speaker and workshop facilitator for the company.

Whether at work, volunteering in the community, or interacting with her family; Laura believes that every experience is an opportunity to minister to others and show God's love. Her first introduction to women's ministry was as a Women's Prayer Group leader for her peers during her college years. As a young woman who was seeking and growing in her own personal relationship with God, she helped her peers to remain steadfast in their faith while

striving to strike a balance as college students. This experience sparked a passion in her for ministering to women and girls.

Laura would later go on to facilitate six more girl's empowerment groups over the years in both Christian settings and in secular settings as a social worker. After developing relationships with several teen girls in her church, she realized a need to work with those young women to help them learn about God's Word, His love, and how it could transform their life. She then started her first group under the "Destined D.I.V.A." title. Through this group, she began to see how the Lord was drawing the girls closer to Him, and how she was continuing to grow in her spiritual relationship with Him as she mentored and taught the girls. At the same time, she was praying for an entrepreneurial endeavor that will allow her to use her past skills and maintain her passion for serving women and girls. The Destined D.I.V.A.™ Lifestyle System was birthed out of those prayers.

Through the system, Laura hopes to empower teen girls to let their light shine for Christ while providing a format to help adult women to mentor and model a "virtuous woman" example for them. The Destined D.I.V.A.™ Lifestyle System integrates practical life skills, group accountability, mentoring, and biblical truths to help young women make positive decisions that are aligned with their identity as children of God.

Laura lives in Georgia with her husband, Marshall, and their children, Kai and Marshall Jabari.

## Laura's Background

In addition to her ministry work, Laura has been training youth and adults in the areas of job skill and life skill acquisition and strategy, and developing and managing programs to empower people for the last 16 years. Laura is the owner of Laura E. Knights Coaching. In this role, she works as a life and business strategist to help individuals move beyond negative, limiting belief systems to overcome barriers and walk in their full potential. She is also a speaker, trainer, and consultant for groups, schools, businesses, and community organizations. She received her Bachelors of Science in Business Administration and Graduate Certificate in Non-profit Management from Washington University in St. Louis. Laura obtained her Master's in Social Work from DePaul University.



She has a Licensed Clinical Social Worker designation in Illinois and Georgia.

## Laura's Speaking Style

Laura has always had a passion for inspiring individuals to discover their God-given strengths, unleash their full potential, and walk in their destiny. She infuses stories, humor, and life application of biblical principles into her keynote talks and interactive workshops to bring the content to life for attendees.



She has worked successfully with small groups of 10 people up to large audiences of 300 attendees including women's organizations, churches, colleges and universities, schools, businesses, non-profit organizations, and governmental departments. Her encounters with others through her speaking, training, and coaching, have been described as transformational, enlightening, eye opening, life changing, and "an answer to prayer." Her engaging, fun, and down-to-earth communication style allows her to connect with her audience to find common ground, and to lead them on a path of learning and self-discovery.

# *Destined D.I.V.A. Events and Speaking Topics*

## **Destined D.I.V.A. Rally for Teen Girls**

The D.I.V.A. Rally is an interactive two-hour workshop on site at your location. Through this interactive workshop, teen girls learn what it means to be a Destined D.I.V.A. by breaking down the meaning of the acronym (Daughters of Integrity, Virtue, and Anointing). By looking at their own life experiences through the lens of biblical principles, girls are encouraged to reflect on their personal relationship with God through discussion, reflection, and fun activities. This event can be customized to your event theme.



## **Keynote Addresses**

Laura offers customized talks for your event theme, as well as two Destined D.I.V.A. signature talks, which include:



- Developing Destined D.I.V.A.s (for adults) – Through scripture, insight into adolescent development, and real-life stories; this inspirational talk will empower adults to reflect on God's Word and be moved to action to minister to the hearts of young women by providing them with the critical elements they need to grow into virtuous women of God.
- Discovering the Destined D.I.V.A. in You (for teen girls) – Through Laura's fun and down-to-earth communication style, this inspirational talk inspires teen girls to stand up and stand out on God's word, and not be ashamed to let their light shine for Christ in the midst of peer pressure and other outside influences.

## Leader's Training for Adult Women

Laura provides a full-day training to empower and equip adult women to facilitate faith-based mentoring groups for teen girls. In this interactive training, participants will connect to their inner D.I.V.A., engage in self-assessment to support their own spiritual growth, learn strategies to connect and maximize the curriculum, and practice facilitating session segments through fun activities and role plays. This training requires a minimum of five participants.



## Mother- Daughter Relationship Building Retreat



A girl's mother is her first example of what it means to be a woman. The teen years don't have to be a time of contention between mothers and daughters. This mini-retreat is an opportunity for mothers and their teen daughters to connect, build communication skills, find common group, and strengthen their relationship in a fun and supportive environment. This event requires a minimum of five mother-daughter pairs, and can be booked as a half-day or full-day program. Additionally, this workshop can be adapted to include fathers and other legal guardians as appropriate.

## Book Signing

Laura includes a book signing as a complimentary addition for all engagements following her presentation. Destined D.I.V.A. books can be purchased by the host organization in advance for attendees or made available for individual sale to attendees. See "Event Policies" section below for more information.



The Destined D.I.V.A.™ Lifestyle System  
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## *What People are Saying About Destined D.I.V.A.*

*Destined D.I.V.A. has taught me that there is more to being a Christian than just praying, you have to carry yourself like a child of God.*

*-Amelia, 16*

*These young ladies have made my dreams come true. I have been so blessed to impart the Word of God into their hearts and minds. They have shared many things that I'm sure they never would have if not for this forum. We talk about their fears, peer pressure, and many other things. Thank God for this curriculum!*

*- Prophetess Kelly Hatchett*

*The Destined D.I.V.A. Leader's Guide is awesome! Thank you so much for giving me a plan and foundation for leading this group. The girls are learning and connecting to the attributes of the D.I.V.A. acronym, AND having a ball. This is so phenomenal. It is so much we can do with this curriculum. God is glorified! God bless you!*

*- Minister Alyceann Crump*

*Destined D.I.V.A. teaches me to always stay a child of God. If you go through a struggle, pray about it. If you don't understand something, go to the Bible about it, and keep a close relationship with God because He can bring you through a tough situation. Being a D.I.V.A. helps me and it helps me deal with my family.*

*-Lizzie, 13*

*With the Word of God as its foundation, the Destined D.I.V.A. system is helping to establish a solid base upon which the girls in our church are building bright futures for themselves and a stronger, more powerful body of Christ.*

*-Rev. Stephen Henry, Senior Pastor*

*Mary Magdalene Missionary Baptist Church*

**Sample Session  
from the  
Destined D.I.V.A.  
Leader's Guide**

# Session 12

## *Seeing Red*

### **SESSION GOALS:**

D.I.V.A. participants will:

- Understand that anger is a natural emotion
- Review biblical perspectives on handling anger
- Learn to follow Jesus' example when dealing with anger

### **SCRIPTURE FOCUS:**

Ephesians 4:26-27 (The Message); James 1:19-21; Ecclesiastes 7:9 (The Message); Proverbs 19:11 (The Message); Romans 12:17-19 (The Message); Proverbs 15:18 (The Message)

### **MATERIALS NEEDED:**

- D.I.V.A. Handbooks, one book for each girl
- Bibles (Preferably NIV translation, inform the girls to bring Bibles if they have them)
- Red marker
- Flip Chart paper
- Seeing Red, Role Play Scenarios (one copy for each group of 3-4 girls)

### **PREP TASKS:**

- Recreate the "Seeing Red Scale" (located at the end of this session) on the flip chart paper using the red marker.
- Prepare another sheet of flip chart paper with "ANGER: What Happens..." across the top with three columns under it. Label the columns "Physically," "Emotionally," and "Spiritually."

### **RECALL (if applicable)**

If applicable, follow the directions for facilitating the recall segment described in the introduction.

### **CHECK-IN**

Make up your own Check-In activity or facilitate the "Highs and Lows" Check-In activity described in the introduction.

## **FOUNDATION**

### **Share with the group:**

*Today we will be talking about anger, and how we should deal with our anger so we still shine our lights for Christ. Anger is a natural emotion that we experience when things don't go the way we think they should. Anger can be mild like being annoyed, or extreme like being in a rage. Even God gets angry. Remember we are made in His image. Getting angry is not the problem. How we handle our anger is what most often leads to problems.*

Using the "Seeing Red Scale" you have created on the flip chart paper, ask the girls what makes them angry. Ask them about the level of anger (mild, moderate, severe) and write the issue under the appropriate section of the scale. Then ask the girls, how they deal with the anger. Write their answers on the sheet and discuss their responses.

### **Share with the group:**

*Not handling our anger in the right way, opens us up to sin and dishonoring ourselves and God in many ways. This may include engaging in violent behavior, becoming depressed, using foul language, and many other issues. Remember, we belong to God, so we want to try our best to represent Him at all times with our words and our actions.*

*It is important for us to understand what triggers our anger, and to pay attention to ourselves for warnings of when anger is starting to overwhelm us.*

Using the "Anger: What happens..." sheet you have created, ask the group what begins to happen in their minds and bodies when anger develops. Allow the girls to respond first, and insert these major points where necessary:

Some physical responses that may occur as soon as you are angry (also known as "fight or flight"):

- Adrenaline starts pumping (boost of energy)
- Breathing speeds up
- Heart starts pounding
- Blood pressure increases and blood rushes to muscles, which causes some parts of the body to feel warm and tingly
- Muscles start to tense up in the face and rest of the body

Some emotional responses that may occur over time if anger is not handled properly:

- Depression
- Harmful behaviors (cutting, drug abuse, promiscuousness, poor eating habits, etc.)
- Nervousness
- Hard time focusing
- Feeling hurt, not valued, and/or disrespected (low self-esteem)
- Bitterness

Some spiritual responses that may occur over time if anger is not handled properly:

- We don't forgive, which makes it hard for us to receive God's forgiveness (See session 11)
- Stubbornness and pride develop that can put a wall between us and God

Designate girls to each read one of the following scriptures:

*Ephesians 4:26-27 (The Message)*

**Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life.**

*James 1:19-20*

**My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.**

*Ecclesiastes 7:9 (NLT)*

**Control your temper, for anger labels you a fool.**

*Proverbs 19:11 (NLT)*

**Sensible people control their temper; they earn respect by overlooking wrongs.**

*Romans 12:17-19 (The Message)*

**Don't hit back; discover beauty in everyone. If you've got it in you, get along with everybody. Don't insist on getting even; that's not for you to do. "I'll do the judging," says God. "I'll take care of it."**

*Proverbs 15:18 (The Message)*

**Hot tempers start fights; a calm, cool spirit keeps the peace.**

**Share with the group:**

As we can see, anger if not handled the right way can cause a lot of problems and be downright dangerous! We must pick our battles and know when to let God fight for us. We have to figure out a productive way to use our angry energy.

### **ACTIVITY: How Do You Deal?**

Divide the girls into groups of 3-4. Distribute the "How Do You Deal?" activity sheet. Assign the groups to a scenario. You can give more than one scenario to the groups if you have some scenarios left over. In each scenario the character has made a snap judgment of how to deal with the situation. Tell the girls to read the scenario as a group, discuss it, and determine a scripture at the bottom of the page that would be useful for the character in the scenario to read. Then, each group should develop a brief 1-2 minute role play to illustrate a healthier way the character can deal with her anger in the scenario. Allow the

groups about 10-15 minutes to discuss and prepare their 1-2 minute role play. Each group should then present their role play to the larger group.

## **DISCUSSION**

Discuss the scenarios and the healthier anger management strategies the groups displayed in their role plays. Based on the activity and the scriptures read, lead the girls in a discussion using the following prompts:

- Why do you think it is so hard for some people to choose to do some of the healthier alternatives you displayed in your role plays?
- What are some of the consequences of anger that you have experienced?
- What makes you the angriest? (These are called stressors.)
- How can you start to control your anger in these areas when issues arise?
- Do you have any new insights on the connection between controlling your anger and your personal relationship with God?

### **Share with the group:**

*Here are some strategies we can use to manage our anger:*

- Prayer for wisdom, self-control, and the "mind of Christ"

- Pay attention-Be aware of your stressors and triggers so you can avoid them if possible
- Relax and breathe when a tough situation pops up to give yourself an opportunity to think
- Choose your battles-everything is not worth making a big fuss about!
- Try to change the way you think about it – Is there a different perspective to look at the issue that may help you figure out a better way to handle it?
- Change your environment – perhaps it's the people you are with or the places you are in
- Use the problem solving skills learned in Session 8
- Talk it out – with a trusted friend or adult
- Write it out – Express how you feel by journaling about it to release your thoughts
- Do something creative to get rid of the negative energy – music, dance, art, exercise, etc.

## **D.I.V.A. CHALLENGE**

### **Share with the group:**

*The D.I.V.A. Challenge for this week is to think about a recent situation in which you let your anger get the best of you. Reread the scriptures from this lesson, and think about how you may have*

*handled that situation in a more Godly way. Write about it in your handbook.*

Tell the girls you will ask them to report on their progress with this challenge at the next session.

## **CLOSING REFLECTION &**

### **PRAYER**

#### **Share with the group:**

*Anger is a natural emotion, and God gives us wisdom and self-control to be able to manage it properly.*

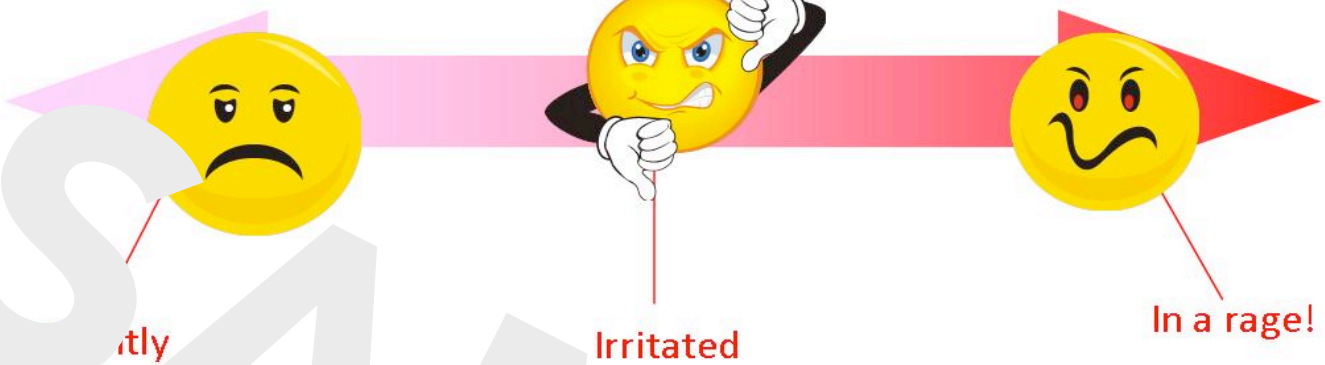
Invite a girl to pray out loud for the group based on the topic discussed. End the session with this prayer:

*Merciful God, thank you for opening our eyes to how to live a life for you according to your Word. Forgive us for when we have let our anger get the best of us. Help us to recognize our triggers and when we are tempted to act out in anger in ways that don't honor you. If there is hurt and pain hidden under our anger, please heal us and make us whole. Thank you for self-control and wisdom. Help us to use these gifts when we are angry.*



## Session 12 Illustration: Seeing Red Anger Scale

**How angry are you?**



What makes you this **Slightly Annoyed**? What makes you this **Irritated**? What makes you this **In a rage!** angry?

**How do you deal?**

**Sample Session  
from the  
Destined D.I.V.A.  
Devotional for  
Teen Girls**



# Session 12:

## *Seeing Red*

### Her Story

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Sarah recently found out she was adopted. Her parents told her on her 16th birthday. They assured her that they loved her and that she would always be their daughter, but they admitted to feeling guilty about not telling her sooner. Sarah was overwhelmed by the news and wasn't sure what to think about it. She had so many mixed emotions. She was confused and overwhelmed, and she had so many questions. Her parents offered to answer any questions they could and said they were available for her to express her feelings. Sarah was upset that they kept the secret for so long and did not feel like talking to them about her feelings just yet.

After holding everything in for a while, she told her friend Kelly about it. They were really close, and Sarah knew that she could trust Kelly with the information. Sarah was still sorting out her feelings and a little embarrassed about being adopted, so she asked Kelly not to tell anyone else. A week later while in the bathroom stall at school, Sarah overheard some girls talking about her and that she was adopted. One of the girls shared a lot of additional (and untrue) details as they shared the gossip. She stayed quiet while in the stall, so they had no idea that she overheard them. Sarah was devastated, humiliated, and angry listening to them talk. She really trusted Kelly, and she wasn't ready to deal with rumors at school on top of everything she was dealing with at home. It wasn't that being adopted was necessarily a bad thing; Sarah was more upset that Kelly betrayed her confidence when she knew that it was such a sensitive subject for her. Sarah was so angry. Her face was hot, her heart started pounding, and she started sweating. She also started to cry. Sarah was late to her next

period class because it took her a while to calm herself down. Once she took a few deep breaths and waited for everyone in the bathroom to leave for class, she came out the stall and splashed some cold water on her face and headed to her next class.

Besides her parents and Kelly, no one else had known that she was adopted. Kelly had to be the one who shared her secret. Sarah planned to cut Kelly off completely and never speak to her again. But first, she needed to confront Kelly and let her know exactly how she felt. Since Kelly wanted to humiliate her, she thought, she planned to let Kelly have it during lunch in front of everybody. She could barely concentrate the period before lunch, as she was thinking about how she would start the conversation. She knew that this confrontation could turn into a huge fight, especially since her anger was boiling over!

Sarah just could not get over it. How could Kelly do this to her? She really thought Kelly was a true friend. She would have never thought that Kelly would betray her. They always shared their secrets, and they even prayed together about issues they were dealing with. Sarah really didn't want to have a big fight with Kelly, but she felt that she had to confront her. For a moment while sitting in class, she tried to think of any other possible way those girls could have known. Her parents were friends with a few other parents at the school. Maybe one of her parents had shared it with another parent, who mentioned it in front of their child. That didn't seem like something her parents would do, but given that they had kept this secret from her for so long, she didn't know whom to trust. Something was telling her to think about it and cool down for a few days before she confronted Kelly, but her anger was pulling her to address it today during lunch, which would be in the next ten minutes.

## The Word

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Anger is a natural emotion that you experience when things don't go the way you think they should. Getting angry is a normal part of life. Ephesians 4:26-27 (MSG) reads, *"Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life."* Even God gets angry. The Bible gives several examples (see Psalm 78:30-39; Deuteronomy 32:15-20; Matthew 21:12-13).

Your level of anger can range from mild annoyance to extreme rage, but since you are made in God's image, getting angry is not the problem. How you handle your anger is what most often leads to problems.

Here are few scriptures about anger and self-control:

❖ **James 1:19-20**

*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.*

❖ **Ecclesiastes 7:9 (NLT)**

*Control your temper for anger labels you a fool.*

❖ **Proverbs 19:11 (NLT)**

*Sensible people control their temper; they earn respect by overlooking wrongs.*

❖ **Proverbs 15:18 (MSG)**

*Hot tempers start fights; a calm, cool spirit keeps the peace.*

When you don't handle anger in a healthy way, it opens you up to dishonor God, others, and yourself in many ways. This may include fighting and other violent behavior, holding grudges, becoming depressed, using foul language, etc. Remember, you belong to God, so you want to try your best to represent Him at all times with your words and your actions.

It is important for you to pay attention to the common situations in which you get angry. These are also called triggers. For example, you may find that you get really angry when you feel like people are not listening to you. This is an anger trigger. If you can become aware of your anger triggers and your body's responses to anger, you can take steps to address your anger before it gets out of control or starts to overwhelm you. When you start getting angry, you will most likely experience physical and emotional responses. These are warning signs that you are getting angry. Some physical responses that may occur when you are angry include faster breathing, faster heart beat, tensing muscles, or a warm sensation as blood rushes to your muscles. Emotional responses may include nervousness, having a hard time focusing, feeling sad, or having feelings of bitterness.

It's important to pay attention to yourself so you can be aware and make efforts to honor God with how you respond to situations that make you angry. Romans 12:17-19 (MSG) states, *"Don't hit back; discover beauty in everyone. If you've got it in you, get along with everybody. Don't insist on getting even; that's not for you to do. 'I'll do the judging,'" says God. "I'll take care of it."* God does not want you getting revenge for what others have done because it will only lead to more damage. You must pick your battles and know when to let God fight for you. Prayer for God's wisdom will help you figure out a productive way to handle your angry energy.

- ❖ Pray for wisdom and self-control
- ❖ Relax and take deep breaths when a tough situation pops up to give yourself an opportunity to think
- ❖ Choose your battles--everything is not worth making a big fuss about!
- ❖ Try to change the way you think about it – Is there a different perspective to look at the issue that may help you figure out a better way to handle it?
- ❖ Change your environment – perhaps it's the people you are with or the places you are in that is contributing to your anger
- ❖ Use the problem-solving skills learned in Session 8
- ❖ Talk it out with a trusted friend or adult
- ❖ Write out it – Express how you feel by journaling about it to release your thoughts
- ❖ Do something creative to get rid of the negative energy – music, dance, art, exercise, etc.

## D.I.V.A. Tip

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Anger is a natural emotion, and God gives us wisdom and self control to be able to manage it properly. It's in your best interest to find healthy ways to deal with your anger.

# Express Yourself!

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1. What physical and/or emotional responses do you experience when you get angry (see "The Word" section above for examples)?

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2. Think of a recent situation that made you angry. How did you handle the situation? Would you handle it differently if it happened again? Why or Why Not?

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3. What are some of your anger triggers? What circumstances or situations make you really mad?

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4. What strategies can you put in place today to start to manage your anger better?

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5. Do you have any new insights on the connection between controlling your anger and your personal relationship with God?

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## D.I.V.A. Challenge

The D.I.V.A. Challenge for this week is to think about a recent situation in which you let your anger get the best of you. Reread the scriptures from this lesson and write about how you may have handled that situation in a more godly way.

Come back later and write how you did with this challenge below.

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# Your Prayer

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Talk to your Heavenly Father about it. You can say it or write it!

SAMPLE

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## Prayer Ideas

- ✦ Understanding your personal anger triggers
- ✦ Self-control and wisdom to handle anger in healthy way
- ✦ Strength to forgive others