

Do You Become Angry with your Teen?

Do you find yourself constantly angry with your children? Do you scream and yell? Some parents curse, throw things, kick, slam, stomp and do a lot of other things in anger.

Some parents say anger is justifiable because they are parents and have a right to get angry.

While visiting the homes of teens I was standing on the porch of the of a Christian family. I could hear the mom cursing and screaming at her son.

This went on for about three minutes until the mom came to the door to greet me. She welcomed me into her home to visit with her "wonderful" son.

Anger can be controlled and screaming at our children is not part of discipline. It is sin.

Anger can be destructive or constructive. For an example, "God is angry with the wicked every day." Psalm 7:11 God is slow to patient and controlled. "God is slow to anger, abounding in love and faithfulness." Psalms 86:15

Man's anger is usually very different from God's. The Bible says, "For the wrath of man does not produce the righteousness of God." James 1:20 When we become angry we usually hurt rather than restore.

Do you regret some of the things you have said to your children in anger? Confess this sin to God and ask forgiveness to the one you have wronged.

Ten Top Mistakes Parents Make with their Teens

Parenting is not easy. I am not aware of a college that offers a major in parenting. There is no Masters degree in parenting.

Usually we learn good parenting skills from our mistakes. Unfortunately, by the time we learn parenting skills, our children have grown into adulthood.

Jay Kessler, in his book, Ten Mistakes Parents Make with Teenagers lists those mistakes.

1. Failure to be a consistent role model
2. Failure to admit when you are wrong
3. Failure to give honest answers to honest questions
4. Failure to let your teen develop to personal identity
5. Failure to major on the majors and minor on the minors
6. Failure to communicate approval and acceptance
7. Failure to approve your teen's friends
8. Failure to give your teen the right to fail
9. Failure to discuss the uncomfortable
10. Failure to take time

Let's learn from others and not wait to learn from mistakes we make while raising our children.

A TEEN QUEST POWER SHEET

TEENS AND ANGER

When your teen becomes angry do you join him by screaming at him? Usually a hotheaded parent creates a hot-headed teen. Your children learn by your example.

Anger is not wrong in itself. The result of uncontrollable anger is sin. When your teen becomes angry and blows up do not immediately re-act. That will not solve anything.

Do not punish your teen for getting angry. You may discipline him for saying or doing wrong while he is out of control. But anger has a root. You must find that root. He may have had a bad day at school. Maybe a problem is overwhelming him at the moment. When your teen loses his cool it is a sign he needs your understanding and help.

You should allow your teen to scream and "carry on". When these things occur use the circumstance to find out what really is bothering him.

We need to teach our children controllable anger is good. After a bout with anger help your teen recognize what his problem really is. Then show him the damage caused by his anger.

Teach your teen that God does not want us to act in uncontrollable anger. God says, "Reckless words pierce like a sword, but the tongue of the wise brings healing." Proverbs 12:18

Power Sheet by Mark Witt
Teen Quest
293 Rich Road
Somerset, PA 15501
Phone: 814.444.9500 Fax: 814.444.8664
Email: quest@teenquest.org



How Uncontrolled Anger Hurts Your Teen

Many parents, even Christian parents scream and yell at their children in a fit of anger. The Bible tells us that there are two kinds of anger: controlled, godly anger and the most common, uncontrolled anger.

God says, "In your anger, do not sin." many parents think raising their voice is a form of discipline and the right thing to do.

I strongly believe in discipline and punishment when children do wrong. But anger has no place in disciplining our children. It just produces wrath and sin. Ephesians 6:4 states, "Do not exasperate (extremely irritate) your children to wrath."

When you become angry you create an atmosphere of tension and fear rather than peace and harmony. Another problem created by uncontrolled anger is the example you set for your child. Proverbs 22:24,25 says, "Do not make friends with a hot-tempered man. Do not associate with one easily angered or you may learn his ways and get yourself ensnared."

Anger, bitterness, and resentment cause physical problems. Tension, headaches, colitis, ulcers, and even cancer have been attributed to these negative feelings.

Proverbs 7:9 says, "Do not be quickly provoked in your spirit. For anger resides in the lap of fools." The next time you become angry think of what God has to say about it.

Why Teens Act that Way

Ninety-five percent of all Americans lie regularly. . . at work and at home according to James Paterson in the book, *The Day America Told the Truth*. The moral decay of America is on a toboggan slide. It is no wonder that only thirteen percent of all Americans believe in the Ten Commandments.

Fifty-seven percent of high school students admit to cheating. Assaults on teachers are up seventy percent since 1978. Nearly fifty percent of all Americans call in sick when they are not really sick.

The moral fiber of American youth has been torn apart. Today, most teens believe that it doesn't really matter if you lie, cheat, or do anything else to get better grades, better pay, or whatever you want. Students do not have a moral base to measure from anymore.

This is a result of the breakdown of the home. The rebellious children of the sixties are now parents. They are not teaching their children moral values. Situation ethics have been taught in the classroom for almost three decades. They teach that there is no right or wrong.

The answer to all this is Jesus Christ. There is an urgent need to see young people find Jesus as Savior and Lord.

How to Control Your Anger Toward Your Teen

Uncontrolled anger is not pleasing to the Lord. Some will argue that Jesus became angry. Jesus' type of anger was controlled and godly anger. There is a big difference.

Uncontrolled anger produces bitterness and resentment. We even say things we really don't mean when we let ourselves act on our anger.

We all can control anger. Colossians 3:8 says, "But now you must also put off all these; anger, wrath, malice, blasphemy, filthy language out of your mouth."

God holds us accountable for the sin of anger. Some folks have told me, "It runs in my family and I can't help it." That is a poor excuse. If you are a Christian, you can control your anger.

You must be willing to get the victory over anger. God says in Proverbs 16:32 that we are to be slow to anger. When you find yourself becoming angry, begin talking to God. Go to another room, pray and confess your thoughts to God. He will help. Take steps right away and do not put it off.

You must go to God for help. Matthew 21:22 says, "Whatever you ask in prayer, believing, you will receive." If you screamed at your children go to them and say, "Please forgive me for the way I yelled at you." It is important to reinforce the fact you still love them. Tell them.

Find the root problem for your anger. Maybe insecurity, bitterness, or pride are at the bottom of your dilemma. From these comes anger. Anger then becomes a habit.

Remember, you will not overcome anger overnight. It will take time.