

# Words That Help...Words That Heal

*Sticks and Stones May Break my Bones  
But Words Will break My Heart  
and The Look on Your Face  
and the Tone of Your Voice  
Will Tear That Heart Apart*

- Men often make up in wrath what they want in reason. –W. R. Alger
- Nursing her wrath to keep it warm. –Burns Tam o'Shanter
- Anger is momentary madness, so control your passion or it will control you. –Horace Epistles
- He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city. –Proverbs 16:32
- Anger begins with folly and ends with repentance. –Pythagoras
- Give not reins to your inflamed passions; take time and a little delay; impetuosity manages all things badly. –Statius Thebais
- Our passions are like convulsion fits, which make us stronger for the time, but leave us weaker forever after. –Swift

*A Mother's unholy anger is the poison that destroys the vessel who bears it, defiles those upon whom it spills out, destroys every home that allows it, stands as a reproach to every nation that encourages it, and dishonors the God of grace and mercy.*

## Ideas for Tying Heart Strings

- Challenge them not to correct, criticize, and direct or condemn their siblings, but seek to help them overcome with words of encouragement.
- Help them praise each other for anything done correctly. Praise character too, not only accomplishments.
- Remind them that true obedience means to obey their parents cheerfully, quickly and thoroughly.
- Design projects that help them focus on strengths, not only weaknesses, and help them to learn to rejoice in the strengths others have as you point how essential those strengths are for your family goals and missions.
- Write little notes of encouragement. (Examples: Stick one where your family member might find it before leaving for work, where they might find it upon return, or in one of the drawers in their room.)
- Train them to praise each other publicly and to avoid disloyalty to private family matters.
- Avoid any books or media that encourage unBiblical conflict resolution.
- Help them resist the temptation to get revenge, but instead, to trust the Lord. “Vengeance is mine, saith the Lord.”
- Remind them to remember that people will treat them the way they treat others—use stories read aloud (often without comment!).
- Help them to ask God where they made a mistake in the conflict—it can’t be only the other person who is in the conflict if it is ongoing.
- Help them to cherish relationships as eternal treasures worth any sacrifice to build and maintain them, flashing them a million-dollar smile when they do well and encourage them to do the same to others.
- Realize God’s grace for anger for your own life and make it a priority in your home-school curriculum.

# Helpful Resources to Battle Anger

## Non-Fiction Books

Clarkson, Sally. *Seasons of a Mother's Heart*. Whole Heart Ministries: 1998.

Chapman, Gary, and Ross Campbell, M.D. *The Five Love Languages of Children*. Northfield, Chicago: 1997.

Edwards, Gene. *A Tale of Three Kings: A Study in Brokenness*. Christian Books: Auburn, ME, 1980.

Garborg, Rolf. *The Family Blessing*. Focus on the Family: Pamona, CA, 1990.

Holt, Pat, and Grace Ketterman, M.D. *When You Feel Like Screaming: Help for Frustrated Mothers*. Harold Shaw: Wheaton, IL, 1988.

Logan, Jim. *Reclaiming Surrendered Ground*. Moody: Chicago, 1995.

*The Pineapple Story: How to Conquer Anger*. Institute in Basic Youth Conflicts: Oak Brook, IL, 1978.

Priolo, Lou. *The Heart of Anger*. Calvary Press: New York, 1997.

Sande, Ken. *The Peacemaker, Young Peacemaker, and Peacemaking for Families* books, some available with workbooks. Shepherd Press, 1997.

Wilson, Sandra D. *Shame-Free Parenting*. InterVarsity Press: Downers Grove, IL, 1992.

Wright, H. Norman. *The Power of a Parent's Words*. Regal Books: Ventura, CA, 1991.

## Fiction Books for Conflict Resolution Heroes

- The Lamplighter
- Stick to the Raft
- Rosa of Linden Castle
- A Basket of Flowers
- Teddy's Button
- House of Love

From Lamplighter Publishing, available from His Image Ministries or direct from the publisher at PO Box 777, Waverly, PA 18471.

## **Magazine Articles and Pamphlets**

Hamby, Mark. "The Angry Parent." *The Lamplighter*. IX: 2000. [www.agospel.com](http://www.agospel.com) or [lamplighter@agospel.com](mailto:lamplighter@agospel.com); 1-888-AGOSPEL.

Hamby, Mark. *The Lamplighter*. XI: 2001.

Hamby, Mark. *The Lamplighter*. XIII: 2002.

Rodd, Earl and Diane. "The Way Out of Anger." Pamphlet 3/6. 6044 Pine Creek St. N.W./North Canton, OH 44720. (330) 305-9318.

"The Power Behind Anger Resolution." Ten Sessions. Character Building Courses/ Institute in Basic Life Principles, Box One, Oak Brook, IL 60522-3001/ (630) 3223-9800. Fax: (630) 323-7271. [www.iblp.org](http://www.iblp.org)

## **Seminars**

IBLP Anger Resolution Seminar, See [www.iblp.org](http://www.iblp.org)

## **Tapes and Videos**

*All of the below resources are available from the individual publishers as listed or from His Image Ministries.*

Berg, Jim. "Basics for Angry Believers." Audiotape. 1998 HELP Conference. Unusual Recordings, Bob Jones University. Greenville, SC 29614.

Bradley, Beverly. "Woman of God: Controller or Servant?" 2 Audiotapes. Family Ministries. P.O. Box 1412 Fair Oaks, CA 95628. 1-800-545-1729.

Bradley, Reb. "Conquering Anger." 2 Audiotapes and Syllabus. Family Ministries. P.O. Box 1412 Fair Oaks, CA 95628. 1-800-545-1729.

Bradley, Reb. "Motives of the Heart." 2 Audiotapes and Syllabus. Family Ministries. P.O. Box 1412 Fair Oaks, CA 95628. 1-800-545-1729.

Bradley, Reb. "Peace for the Stressed Out Home-School Mom." Audiotape. P.O. Box 1412 Fair Oaks, CA 95628. 1-800-545-1729.

Davis, S.M. *Freedom from the Spirit of Anger*. Videotape. available from [www.drsmDavis.com](http://www.drsmDavis.com).

Hamby, Mark. "Resolved Conflict and Restored Relationships." Audiotape. ASCI, 1998. AudioMission, International. (800) 874-8730.

Miller, Tony. "Helping Children Overcome Bitterness and Anger." Audiotape. Unusual Recordings, Bob Jones University. Greenville, SC 29614.

Rodd, Diane. "Overcoming Anger." Audiotape, 1997. Families Honoring Christ. 6044 Pine Creek St. NW, North Canton, OH 44720-5526.