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VIDEO 2: HOW TO KEEP  
FROM LOSING IT WHEN  
YOUR BOYS WON'T OBEY

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## JOURNAL PAGES

## VERSE

"But I have trusted in Your steadfast love; my heart shall rejoice in Your salvation. I will sing to the Lord, because He has dealt bountifully with me." Psalm 13:5-6

## DISCUSSION QUESTIONS

1. When was the last time you really felt in control of your emotions?
2. When our feelings and emotions are out of control, we've been mastered by something other than Jesus. How does that knowledge make you feel? Are you ready to take back ownership of your emotions and how you react to your boys when they don't obey?
3. Think about the last time you lost it with your boys. What really caused the explosion to happen? Was it because they didn't obey? Or was it because you didn't get your way? At the root of most all forms of anger there's the ugly stench of "I want my own way!" Can you see that in your own life?

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## NOW THAT I KNOW, WHAT AM I GOING TO DO?

*Use this space to come up with 3-4 action points based on what you learned today. How can you put into practice what God is teaching you right away?*

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## CLOSING PRAYER

"Lord, I confess that I often allow my feelings and emotions to master me instead of the other way around. The only person I want to be in control of me is You. Please help me know what steps to take next. Sometimes, I'm so blinded by emotions I can't see a way out. But You've promised to send one. Make it clear to me? Help me overcome because of You, and I'll give the glory to You for it. Heal me in Jesus' Name, amen."