

COUNTDOWN TO CALM DOWN

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Psalm 39:1a. "I will watch my ways and keep my tongue from sin."

LYRICS

VERSE 1

My brother made me angry when he crashed into my room.
I felt like I should yell at him, it seemed the thing to do.
So I said, "Wah wah wah wah wah wah wah wah wah!!!!"
No wait, just kidding, that's not what I said. I said,

PRE CHORUS

"Now self you better calm down keep your anger in check.
It's best to talk about it when you're not an angry wreck."

CHORUS

I'm gonna count down, I'm gonna count down till I calm down 7, 6, 5, 4, 3, 2
I'm gonna count down, I'm gonna count down till I calm down 7, 6, 5, 4, 3, 2
Instead of sayin' what I coulda' shoulda' said when you were around.

VERSE 2

My sis really ticked me and I took the blame.
I wanted to light into her and tell how I felt. So I said,
"Wah wah wah wah wah wah wah wah wah!!!!"
Alright, not really, if I said that I'd be dead! So I said,

PRE CHORUS

"Now self you better calm down keep your anger in check. It's best to talk
about it when you're not an angry wreck."

CHORUS

I'm gonna count down, I'm gonna count down till I calm down 7, 6, 5, 4, 3, 2
I'm gonna count down, I'm gonna count down till I calm down 7, 6, 5, 4, 3, 2
Instead of sayin' what I coulda' shoulda' said when you were around.
Instead of sayin' what I coulda' shoulda' said when you were around.

REFLECTIONS

- How easily do you get angry?

1 _____ 10
Rarely Sometimes Often Quickly

- Using the same scale, how often would you say your friends say they get angry?
- Think of a time someone spoke words to you in anger. Are those words hard to forget, even if they apologized?
- Think of a time you said words in anger that you immediately wanted to take back.
- What's one thing you can do next time you're tempted to speak in anger?

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