

## Avoid Bitterness

The people of Israel were all descendants of Abraham, Isaac and Jacob, so they were really family. But they fought against each other, and this fighting led to bitterness, or hard feelings.

Do you fight with your brothers and sisters? That happens to everyone. Here are some rules to help you stop fighting and avoid bitterness:

Rule #1. Walk away from each other when you are tempted to fight.

Rule #2. If someone else refuses to stop, say "please stop."

Rule #3. After a fight ends, take some time alone to calm down and think about the situation.

Ask your mom or dad if they agree with these rules. Then write them on a poster and tape it on your bedroom door.

# Live It!



2 Samuel 2:8-28