

WEEK 6- THE TRUTH ABOUT ANGER

Proverbs 14:30, 15:18, 14:29, 19:19, 16:32, 24:28-29, 15:1, 25:21-22

1. ANGER HAS INCREDIBLE POWER
2. THREE WAYS OUR ANGER GETS DISTORTED
 - CAUSE
 - PROPORTION
 - GOAL
3. THREE THINGS TO DO TO GET A HANDLE ON ANGER
 - ADMIT IT
 - ANALYZE IT
 - TRANSFORM IT

DISCUSSION QUESTIONS

1. What part of this past Sunday's teaching stood out most to you? Why?
2. How do you think your friends/ family would describe your ability to deal with anger?
3. Anger is not inherently bad. In fact, it is impossible to love something and never be moved to anger because true love will always be angry at anything that threatens the object of your love. In Exodus 34:6-7, God describes Himself as "slow to anger", in Jesus' life we see Him angry multiple times and in Eph. 4:26 we are told to "be angry and do not sin." What are some things that you would say are worth getting angry about? What should we do with this good anger?
4. Even though anger is inherently good it can be extremely destructive when it is distorted. It can get distorted in three ways (Prov. 24:28-29). It can be distorted in its cause (no reason), its proportion (over reaction) and its goal (attacking the person instead of the problem). What are some specific examples of things that make you angry? What types of distortion do you see in your anger? When you trace that anger back to its source what do you think is at the root of it?
5. In order to get a handle on our anger we have to admit it, analyze it (Prov. 24:29) and transform it (Prov. 15:1, 25:21-22). How can you begin working on these things? What does it look like to admit your anger? What does it look like to analyze your anger? How do we transform our anger?
6. In Proverbs 15:1 and 25:21-22 we see how differently we are called to respond to those who have treated us harshly and could even be described as our "enemies." This is impossible to do without first seeing that even though we only deserve His anger, God gave us His Son. How can this truth shape the way we handle our anger?
7. This week Pastor Ryan announced that we will be having Easter As One at the Bowie Center for Performing Arts! Let's commit to spending some time praying together as a small-group every week leading up to Easter. Let's pray that God will move mightily in our lives and in the lives of those in attendance who don't have a relationship with God yet.