

THE DISCIPLINE OF PRAYER: ANGER

Psalm 137

MAIN IDEAS FROM THIS WEEK

1. OWN YOUR ANGER
2. PRAY YOUR ANGER
3. LIMIT YOUR ANGER

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. Describe a time when you were angry. How did you handle that anger? After hearing this week's message would you change anything about how you handled that situation?
3. What do you find most difficult about owning your anger?
4. When you hear that you need to "Pray your anger" what comes to mind? How would you go about doing that?
5. What are some ways the gospel enables us to limit our anger?
6. **OPEN DISCUSSION:** Take time to discuss how you've viewed and dealt with anger in the past, how you want to deal with anger moving forward and what you learned from this week's message that might help you. Take time to pray together and bring your anger before God.

A TRUTH TO TAKE WITH YOU: Praying our anger can help keep us from either denying our anger or deifying our anger. We can take the full reality of what's going on in your heart into the full reality of God's presence.