



Week 4: Freed from Anger

Big Idea

To help us let go of the “small things” that make us angry and to adopt a righteous anger toward the things that make God angry.

Ice Breaker

What are some “terms” you may have heard used to describe an “angry” person?

The Problem

God has a righteous kind of anger that flows from His justice...the kind of anger that hates evil. And since you and I are made in the image of God we have the capacity to feel angry. In Ephesians 4:26 the Bible says “In your anger do not sin.” Yet, many of us are held hostage by anger and in the captivity of those feelings have chosen to sin.

Ecclesiastes 7:9 says: “Don’t be quick-tempered, for anger is the friend of fools”.

1. Do you think of yourself as a candidate for an Anger Management class? Why or why not?

2. Describe a situation where you’ve gotten angry and maybe even “lost it.”

Read Proverbs 19:11. “People with good sense restrain their anger; they earn esteem by overlooking wrongs.”(NLT)

3. When have you seen the destructive affects of anger in a personal relationship? In a professional relationship?

4. How does anger hold us “Hostage” in our relationships with others?

Now what?

With God's help we can learn to manage our anger through four action steps.

Step 1- I will do something positive with it.

Sometimes when we are angry we need to look at what God is trying to tell us. God got angry. Jesus got angry. Their anger was righteous and sanctified. Some things ought to anger us and motivate us to do good. Paul writes in Romans: "But God shows his anger from heaven against all sinful, wicked people who push the truth away from themselves." Romans 1:18 (NLT)

"But he will pour out his anger and wrath on those who live for themselves, who refuse to obey the truth and practice evil deeds." Romans 2:8 (NLT)

James 1:20 says "man's anger does not bring about the righteous life that God desires."

1. How do the situations that often make us angry differ from those that make God angry?
2. How would your life be different if your anger was the same as God's anger?
3. What is something positive you could do in regards to a righteous anger God has given you?

Step 2 – I will reflect before I react.

Often when we get angry it is a surface problem letting us know that there is a bigger problem underneath. Anger is referred to as a secondary emotion and there are three primary emotions that lead to anger. These primary emotions are hurt, frustration and fear. All of our anger is rooted in one of these three things.

1. Which primary emotion is most often underneath of your anger?
2. Complete Proverbs 14:29: people with _____ control their anger.
3. Why do you think this is true?

James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry"...

1. Give an example of a time when you did NOT follow this command. What was the outcome?
2. Now contrast the outcome of a time when you followed this command.

Step 3 – I will go directly to the person I am angry with.

In Matthew 18 Jesus gives us the plan for dealing with anger towards another person. He says to go directly to that person you are angry with and tell them just between the two of you. Typically we avoid this step because it is very difficult to do. Yet Jesus tells us it is the wisest thing you can do and promises to be with us.

1. Why do you think it is so hard to follow this command in Matthew 18?

2. What can happen if we do not deal with anger?

3. Share a personal story of anger turning into bitterness.

What's Next

Step 4 - I will take my anger to Jesus for healing.

We cannot master anger on our own. Only Jesus Christ can provide the forgiveness, the transformation and the healing that we need. Only He can replace our frustrations with peace, eliminate fear with power and heal our hurts with love. Therefore we come to Him with our needs and He provides the way.

What anger is taking your focus off of God and holding you "Hostage?" Go around the group and have everyone share.... identifying the primary emotion underneath this anger. Take time to pray right now for each of these or ask each person to pray for the person on their left.

Pray throughout the week for God's help with managing your anger. Pray specifically for God to:

- To help you manage your anger instead of being controlled by it
- To reflect first when angry instead of reacting
- To give you wisdom to be angered by only those things that anger Him
- To take all anger to Jesus for healing

For Further Study

Read Luke 19:45-48

When was a time you felt justified in being angry?

What makes you really angry?

What attitude did Jesus have toward the merchants in the temple area? (19:46)

Why did Jesus quote Scripture? (19:46)

How had the temple area been misused? (19:46)

What ungodly practices make you angry?

When might anger lead someone to sin?

In what ways would your daily prayer life be helped by “hanging on the words” of Jesus this week?

Read Proverbs 29:1-27

What gets you mad?

How do the fool and the wise person deal with anger? (29:11)

About what do righteous people care? (29:7)

When do people cast off restraint? (29:18)

What did Solomon say about the person who speaks in haste? (29:20)

From where do we get justice? (29:26)

How do you vent your anger and frustration?

What is the right way to deal with anger?

How can you better manage the way in which you deal with or express anger?