



## Week 4 — Anger

### LifeGroup Questions

#### Ice Breaker: (3 min)

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

#### Objective:

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

#### Read:

**Don't be quick-tempered, for anger is the friend of fools.** Ecclesiastes 7:9 (NLT)

- Do you think of yourself as a candidate for an Anger Management class? Why or why not? (3 min)
- Describe a situation where you've gotten angry and maybe even “lost it.” (5 min)

#### Read:

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

- When have you seen the destructive affects of anger in a personal relationship? In a professional relationship? (5 min)
- How does anger hold us “Hostage” in our relationships with others? (5 min)

#### Read:

**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)

- How do the situations that often make us angry differ from those that make God angry? (5 min)
- How would your life be different if your anger was the same as God's anger? (5 min)
- What anger is taking your focus off of God and holding you “Hostage?” (5 min)

#### Read:

**Those who control their anger have great understanding; those with a hasty temper will make mistakes.** Proverbs 14:29 (NLT)

**A fool gives full vent to anger, but a wise person quietly holds it back.** Proverbs 29:11 (NLT)

- Pray in your own words asking God: (5 min)
  - To give you control over your anger and not be controlled by it
  - To give you the wisdom to quietly hold it back
  - And to be angered by only those things that anger Him

### For Further Study

**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?

**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?