

# UNBRIDLED ANGER

(1 Samuel 20:24-42)

1. Destructive anger begins in the realm of THOUGHTS and CHOICES. (Ecclesiastes 7:9; Genesis 4:6-7; James 4:1-3; Romans 12:2; 2 Corinthians 10:5; Mark 7:21-23)
2. Anger mostly hurts those who are the CLOSEST to us. (Colossians 3:8; Romans 14:19; Philippians 2:3; Acts 7:26; James 1:20; Proverbs 29:11)
3. Denying the obvious only FUELS anger. (Psalm 4:4; Jeremiah 5:21; Matthew 13:13; Matthew 7:24-26)
4. 'BAD' anger is destructive and selfish, while 'GOOD' anger is protective and loving. (Ephesians 4:26; Matthew 21:12-13; Mark 3:5; Psalm 7:11)
5. "Above all, keep LOVING one another earnestly, since LOVE covers a multitude of sins." (1 Peter 4:8; Ephesians 4:31-32; Matthew 7:12; Psalm 145:8)



Sunday, July 10, 2022

## ***Taking it further to help you THRIVE...***

THRIVE Groups are where life and growth take place. We don't want to just say "See you next week" as we leave each Sunday - we want to connect!

For more info on joining a THRIVE Group, visit [thrivekg.org/thrive-groups](http://thrivekg.org/thrive-groups).

1. 1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?
  
  
  
  
  
  
  
  
  
  
2. We talked about anger (as any sin) beginning in the mind. Before Saul blew his stack in verse 30, what might he have been thinking about / dwelling on that was fueling his anger? What thoughts have you wrestled with lately that have fueled your anger? How can you properly respond to each of these thoughts?
  
  
  
  
  
  
  
  
  
  
3. Here is a phrase you may have heard as a child: "Sticks and stones may break my bones but words will never hurt me?" Why is this statement not true?
  
  
  
  
  
  
  
  
  
  
4. Verse 34 indicates that Jonathan was angry, but his anger was different than Saul's. What does true "righteous anger" look like? Not look like? How can claiming that our anger is "righteous anger" get us in trouble?
  
  
  
  
  
  
  
  
  
  
5. What makes you angry? Of the 5 tips Pastor John gave about handling our anger, which one(s) do you need help with the most?