



SMALL GROUP DISCUSSION GUIDE

Part 6: Wrath (*Better Than Anger Management*)

Pastor Tom Kang



Icebreaker: Have you noticed an uptick in wrath lately? If so, why do you suppose that is the case?

1) Who was the last person to see your wrath? And/or when was the last time you were really hot and bothered? Share with the group what the situation was and how it was resolved, if at all. How could you have handled that situation differently?

2) How does the “wrath of God” displayed throughout the Bible influence your understanding of Christianity?

3) How do you balance passages like Psalm 4:4 and Ephesians 4:26a with passages like Ecclesiastes 7:9, Proverbs 22:24, Matthew 5:21-22 and 1 John 3:15? What is the important element to take away from the first set of passages?

4) Of the “4 Destructive Personas of Anger” (*Maniac, Mute, Martyr, Manipulator*) which do you identify with the most and why? Can you give an example of when your specific “anger persona” comes on full display? What have you done to better manage those moments?

5) Read aloud the following three passages which display wrath in different forms:

Genesis 4:1-8

Jonah 4:1-4

Luke 15:11-32

What can you learn from each scenario? What is God’s posture in each one? What is the posture of the one full of wrath?

6) Discuss the 3 Keys to Defusing Anger (*Awareness, Ask the Right Question, Agape Actions*) that were identified. When angry, what is it that you find yourself trying to defend? Which is most challenging for you and why? How might utilizing those 3 keys unlock a freedom from wrath that you may never have known until now?

7) How might anger be good? Take 13 minutes to watch Dr. Ryan Martin’s [TED Talk, “Why we get mad -- and why it’s healthy”](#) for some ideas.

Check out our **Celebrate Recovery** ministry:

If you struggle with anger, we highly recommend *Celebrate Recovery* which offers a Christ-centered approach towards walking in victory in all areas of hurts, habits and hang-ups. Click the QR code to the right for more information.



**EVERY MONDAY @ 7PM
IN-PERSON & ONLINE**

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