



THE BOOK OF
JAMES
FAITH IN ACTION

The Danger of Anger - James 1:19-21

1. Recall a recent time you encountered one of the everyday irritations mentioned (bad drivers, loud parents at events, etc.). Did your response align with being "quick to hear, slow to speak, slow to anger"? How could you approach it differently in the future?
2. Think of a recent situation where you became angry. Reflecting on James 1:19-21, could you identify what triggered your anger? How did it look like or differ from "the anger of man" described by James?
2. What are some healthy and constructive ways to process anger when it arises? Share some strategies that have worked for you or that you have observed in others.
3. Often, anger can be a secondary emotion to fear, hurt, or frustration. Can you think of an instance where you or someone you know expressed anger, but it was really masking another emotion?
4. How has anger affected your relationships, whether at home, work, or in the community? Share an experience and how you addressed it, or how you wish you had addressed it.
5. Proverbs 29:11 talks about the fool giving full vent to rage. Discuss the balance between expressing feelings of anger and maintaining wisdom and self-control.
6. How does the practice of forgiveness intersect with dealing with our anger? Share a time when forgiving someone diffused your anger.
7. Reflect on the concept of "silent anger" mentioned in the message. Have you ever struggled with internalizing anger? How can hidden anger be as destructive as outward expressions of anger?
8. 1 Tim. 4:7 "Training yourself for godliness" was mentioned as a way to overcome anger. What disciplines or practices can you adopt to help fight anger from taking root in your heart?