

## **Anger and Depression Life Group Discussion Questions**

1. According to James 4:1-2, what is the *cause* of anger? (See also Matthew 15:19).
2. Tim Chester said, “Our idols are those things we count on to give our lives meaning. They are the things of which we say, “I need this to make me happy,” or “If I don’t have this my life is worthless and meaningless.” What are examples of these “things?” How might these things be connected to anger?
3. What are the three types of anger according to Ed Welch? (See sermon notes). Is there one particular category you have dealt more with currently or in the past?
4. What can we learn about the way Jesus handled anger? (See 1 Peter 2:23).
5. Read Ephesians 4:26-27 and Proverbs 25:28. What connection do you see between anger and depression?
6. What is the significance of “listening to truth” while angry or depressed? (See James 1:19-21; Lamentations 3:21-23).