

“Bottled Up Anger”

Bottled Up Series

Discussion Questions

- **Ice Breaker:**
 - Have you ever been to a rage room?
 - What was it like? How did you feel afterwards?
- **Read Ephesians 4:26-27**
 - According to this passage, is anger sinful in and of itself? How do you know?
 - What is the difference between righteous anger and unrighteous anger? Give some examples.
 - Do you think your anger is mostly righteous or unrighteous?
 - When have you felt anger most recently? (Also think about moments where got frustrated, irritated, or annoyed, since that can be a form of anger too.)
 - What is your go-to response to feeling anger? Do you tend to blow up or bottle up?
- **Read Ephesians 4:31-5:2**
 - What are the commands in this passage?
 - What is the motivation behind the commands?
 - How is the gospel of grace the antidote to anger?
- **Application & Reflection**
 - Which of the gospel identities (citizen, family, missionary) does this message most intersect?
 - Where do you find yourself getting angry the easiest? (e.g. driving, work, home, kids' sports, etc.)
 - What can you do before you enter and/or while you're in those environments to remind yourself of the grace of the gospel and allow your anger to be transformed by it?
 - How can your group help?