

# soundtracks

CHANGE YOUR THINKING, TRANSFORM YOUR LIFE

## SERMON DISCUSSION GUIDE

Message Series // Soundtracks - Part 3 "I'm Angry"

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### BIG IDEA

As people, we think a lot. There are a ton of thoughts we entertain each day of our lives. Just like movie soundtracks that play in the background and set the tone for certain scenes, these thoughts can set the tone for our lives and even determine our life's direction. These thoughts can be good or bad, but if we aren't careful, they have the potential of doing amazing damage. For most of us, the soundtracks in our mind need to change. Romans 12:2 says, "*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.*" God wants to help us change the way we think so that the playlist that's looping in the background of our lives reflects His love and care for us.

*"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."* - **James 1:19**

### DISCUSSION

Read **James 1:19-20**. Anger is something we all deal with on different levels. It can express itself in our thoughts like...

- "What's wrong with these people?"
- "Don't they see \_\_\_\_\_?"
- "Why don't they just \_\_\_\_\_?"
- "This isn't fair!"
- "They will pay for this."

Do any of these phrases hit home? What are some other thoughts that go through your mind when you're angry?

A key thing in growing through unhealthy anger is recognizing certain "anger traps"...situations that make us more susceptible to getting peeved. Maybe it's because you want to be heard, but you're not really interested in hearing the other side. It could be that you are expecting people who don't follow Jesus to act like Jesus. Revenge fantasies play on repeat in your mind? Maybe it's scrolling through social media or watching the news. What are some of your "anger traps"? Why do those traps trip you up more than others?

Releasing anger in a healthy way is vital. 4 key steps we can take are...

1. Wait 10 seconds...or 10 minutes or 10 hours. (**Proverbs 29:11**)
2. Don't let it fester. (**Ephesians 4:26-27**)
3. Let God deal with them and heal you.
4. Think..."How has God treated me?" (**Psalms 103:8**)

Which of these steps have been helpful for you in the past? Are there any other healthy ways you've processed anger?

### NEXT STEPS

What is currently something you are battling anger toward? How can you use the 4 steps outlined above to help you process your anger in a healthy way?