

2022



ANGER

FROM "TRIGGERS" SERIES

SMALL GROUP STUDY GUIDE

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The maximum time a feeling should last is 90 seconds. Despite this fact, feelings that should only last a moment can be experienced for much longer. Emotion is not a feeling and should indicate not dictate what you're feeling. If the information feeding your feelings is wrong, the feelings can be false. In the kingdom of God we must learn to use our anger like God intended. Let's learn from Moses on what not to do when angry.

3 FACTS ABOUT ANGER

1. Anger is one of the most powerful and misunderstood emotions.
2. Anger is a feeling that someone owes us.
3. Anger is the result of not getting what we want.

GOD'S ANGER

Psalm 30:5a NIV - For his anger lasts only a moment, but his favor lasts a lifetime;

- Anger should only last a moment and the discipline is to not let it carry over to the next day.
- Allow God to show you how to manage your emotions.

Does your anger reflect God's anger or does it last longer than a moment?

A lot of really good things stem from anger, and angry feelings can lead to positive change.

CHRIST'S ANGER

Mark 3:5 NIV - He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

- Your assignment may be hidden in what makes you angry.
- You cannot let your anger towards others stop you from loving those you are assigned to.

Has there been a time when you became angry while serving or doing ministry? How did you handle your anger?

YOUR ANGER

Ephesians 4:26 NIV - "In your anger do not sin": Do not let the sun go down while you are still angry,

- You can have anger but don't let it control you.
- Everything you do is a lasting impression. Never let the last thing you say to someone be the last thing you said out of anger.

What are some sins that arise from anger? What happens to you when you go to bed angry?

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Angry People Are Hurt People.

Anger can be your crutch for behaving badly; if you're angry, remember that your pain may explain your behavior, but it doesn't excuse it.

Proverbs 16:32 KJV - He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

- It is dangerous to be controlled by your feelings. You have to exhibit emotional intelligence and learn to rule your spirit.
- Anger is fueled by what you see and hear. Don't take one moment and ruin everything you've been working on.

How much control do you believe you have over your emotions? What does it take to control your spirit?

TRIGGER

Exodus 2:11-12 NIV - One day, after Moses had grown up, he went out to where his own people were and watched them at their hard labor. He saw an Egyptian beating a Hebrew, one of his own people. Looking this way and that and seeing no one, he killed the Egyptian and hid him in the sand.

- Moses has been called by God
- Moses has been used by God
- Moses has crossed the Red Sea
- Moses has led the children of Israel
- Moses has seen miracles
 - Moses got to the last phase of his life only to find out he was still triggered by anger and the consequence was that he couldn't enter the Promised Land that he led the Children of Israel to for 40 years.
 - The enemy is waiting on you to let a moment destroy your manifestations.
 - If you aren't healed from your "then," it will show up in your "now."

Is your past (your then) a wound or a scar? Explain.

TRIGGERS DEFINED

Triggers are statements, situations, and circumstances that elicit an emotion or automatic reaction; which causes us to engage in an erratic behavior that is sabotaging and extremely destructive.

Exodus 32:7, 11, 14-15 NIV - [7] Then the Lord said to Moses, "Go down, because your people, whom you brought up out of Egypt, have become corrupt. [11] But Moses sought the favor of the

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Lord his God. " Lord ," he said, "why should your anger burn against your people, whom you brought out of Egypt with great power and a mighty hand? [14]Then the Lord relented and did not bring on his people the disaster he had threatened. [15] Moses turned and went down the mountain with the two tablets of the covenant law in his hands. They were inscribed on both sides, front and back.

Exodus 32:19a NIV - *When Moses approached the camp and saw the calf and the dancing, his anger burned*

- The enemy will try to provoke you while you are building. When things aren't like you left them, you have to not let anger control you. This is an opportunity for you to show emotional growth.
- If you aren't careful, anger could influence you to destroy what you have and leave you with broken pieces.

What are your triggers? How do you handle being in a triggering relationship and or situation?

WHAT DOES ANGER DO TO YOU?

DO SOMETHING

Exodus 32:19 - *When Moses approached the camp and saw the calf and the dancing, his anger burned and he threw the tablets out of his hands, breaking them to pieces at the foot of the mountain.*

- Your assignment can go crazy, but you must stay on your square. You have to learn to not let the enemy provoke your emotions and put him back in his place.
- You have to take a moment before you respond. Don't let anger make you work harder for something God already gave you.

What is your first response when you become angry? How have you allowed God to change your response?

FEEL SOMETHING

Exodus 32:25 - *Moses saw that the people were running wild and that Aaron had let them get out of control and so become a laughingstock to their enemies.*

- You do not have enemies, you have teachers. Each situation is a lesson for you to learn from.

How does your thinking shift when you are angry?

SAY SOMETHING

Exodus 32:27 - Then he said to them, "*This is what the Lord, the God of Israel, says: 'Each man strap a sword to his side. Go back and forth through the camp from one end to the other, each killing his brother and friend and neighbor.'*"

- Sometimes we attribute actions to God when we are really just angry.

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- Because God is merciful, He will still allow you to see miracles when you are wrong (see Numbers 20:7-11).
 - When your anger draws more attention to you than God, He will do what needs to be done to return the glory to Himself.

How does anger change your speech? Do you allow time to think before speaking when you are angry?

HOW DO YOU RULE ANGER?

James 1:19-21 MSG - Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God's righteousness doesn't grow from human anger.

- Anger could be triggered by trauma.
- Overcome anger by inviting God in. Tell God you're angry. Don't deny, but control it.
- The only antidote for anger is forgiveness. Others may not change, but you must.

Have you identified your triggers for anger? In what areas do you need God to help you control your anger?

PRAYER

Father, Thank You for being the perfect example of how to control and ease anger. Show me how to identify my triggers and handle my anger. Give me the wisdom to not allow it to determine my thinking, actions, or speech. God, create in me a clean heart and renew a right spirit within me. In Jesus' name, Amen!