

# It's Deadly

## Anger

**The seventh deadly sin is one we are actually told to do, but in a certain way.**

### Five Love Busters:

1. Disrespectful judgments
2. Annoying behavior
3. Selfish demands
4. Dishonesty
5. Angry outbursts

### Destructive Expressions of Anger

1. Suppression
2. Passive aggression
3. Reaction

### Constructive Expressions of Anger

1. Examine what you are feeling emotionally, physically, spiritually.
2. Evaluate the anger in terms of its strength and source
  - What exactly are the circumstances?
  - What am I feeling and why?
  - Is there something in me that is creating this response?
  - Is there an underlying core emotion?
  - Is there something that I'm supposed to learn here?
  - How do I best address this?
3. Express your anger directly and courageously

"When you \_\_\_\_\_, I feel \_\_\_\_\_, would you please \_\_\_\_\_."

### Discussion Questions

1. When was the last time that you felt really angry? Why? How did you handle it?
2. Read Ephesians 4:26. Which part are you working on, the angry part, or the sin not part?
3. How can we pray for each other?