

Consider Romans 12:17–21 and Matt 6:14–15.

10. Why is demanding and taking revenge wrong, and even destructive?

### Action Steps

We all like positive strokes, when they don't come, you have to be really tight with God—understanding and accepting of his love—and the unique spiritual mission that He has entrusted to you.

1. How can you get really tight with God this week?
2. What is your unique spiritual mission today? This week?
3. Is there someone you need to forgive this week, let go of your right to punish, and ask God to heal you from your anger? Will you?

### NOTES:

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Groups Sermon Study Questions

## HEALING FROM HURT

*January 22, 2017*

### Message Summary

We all deal with anger. The good news is that we can handle anger appropriately through the power of the Holy Spirit. When we understand why we are angry, lean into God's unconditional love, and engage self control we can relax and find freedom from anger and inappropriate responses.

1. Which of the four ways of dealing with anger do you most naturally fall into?
2. Which of the four ways of dealing with anger do you think is most harmful in the long run to the individual? To those around that individual?

### Consider This

Which of the four ways of dealing with anger do you think is most harmful in the long run to the individual? To those around that individual?

1. Understanding our anger can be painful, but it is crucial in order to become equipped to overcome it. How practically can we obtain that insight according to these verses?

2. Can you share what unmasking your anger may have looked like for you in the past? What might it look like for you this week?

Read Matthew 5:21-24, 43-45 2.

3. According to this passage, in what way is anger and name calling similar to murder? Why?

4. If you have offended someone, what must you do? (verses 23-24)? What does it mean to be reconciled to another person?

5. If someone has offended you, how can you deal with it according to this passage? (verses 43-44) What will be the result? (verse 45)

The Psalmist said, "I have hidden your word in my heart that I might not sin against you. Read the following verses and list ones that could help you deal with your anger if you "hid them in your heart" this week.

Proverbs 15:1

Proverbs 19:11

Proverbs 19:19

Proverbs 22:24

Proverbs 30:33

6. List the practical steps found in these verses that you can take in dealing with anger, or an angry person?

Read James 1:19-20 and Ephesians 4:26-27.

7. What does being quick to listen and slow to speak have to do with being slow to anger?

8. What is human anger? Can a person be angry and yet not sin? How?

9. How does holding on to anger over time give the devil a foothold in our lives?