



1. Read Matthew 6:9-15 and identify and discuss the divine perspectives found in this passage known as The Lord's Prayer.

2. Read Deuteronomy 32:4, Mark 3:5, and James 1:20. What is the difference between God's anger and human anger?

3. Ephesians 4:26-28 implies that we can be angry and yet not sin. What other principles about anger and dealing with anger can you find in this passage?

4. "... A fool gives full vent to his anger, but a wise man keeps himself under control," Proverbs 29:11. What are some techniques for keeping yourself under control when you are angry?

5. Parents and others in authority have legitimate expectations of those in their charge. How according to Galatians 6:1 should they address unmet expectations? How might a parent or authority figure be tempted in such a situation?

6. How do people inflict overt punishment on others when they're expectations are not met? What are some more covert methods? Which of these better describes your inclination when you are tempted with anger?

## **Moving Forward**

*No matter what has happened in the past, you are now a new creation in Christ. God still has plans for you if you want to pursue them so don't quit.*

1. The more out of control your life gets, the more irritable you will be. What steps will you take this week to reduce irritability in your life?
2. Some hurts are so deep and anger so entrenched that we need help unraveling the cancerous ball. If this is you, would you consider obtaining Christian counseling for help? Contact the pastoral staff for a referral.