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Groups Sermon Study Questions

ANGER to PEACE

November 5, 2017

Message Summary

Anger is a normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can dramatically affect our health, our relationships and overall quality of life. Anger can come from an emotional or physical hurt, unmet expectations and insecurity. Three ways people react to anger include escape, attack, and peacemaking. Identifying our typical triggers and responses can help us pursue the path to peace. Divine perspective—to understand the forgiveness, love and secure position we have in Christ—is the starting point. Reflecting before reacting and learning to release stress will muzzle anger before it gets out of control. And above all, continually asking God's help—especially when it comes to forgiveness—will move us from anger to peace.

Consider This

- 1. Can you share some ideas from the sermon or in general on how to reduce irritability when it edges into a person's life
- 2. What are some reasons a person wouldn't want to admit to God that he or she is angry?

Realizing God's amazing love and sacrifice to restore a relationship with us helps us to become real with God about our anger and ultimately move from bitterness to forgiveness and from anger to peace.

- 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.