



Bible study for the week starting May 26, 2024

SHARE

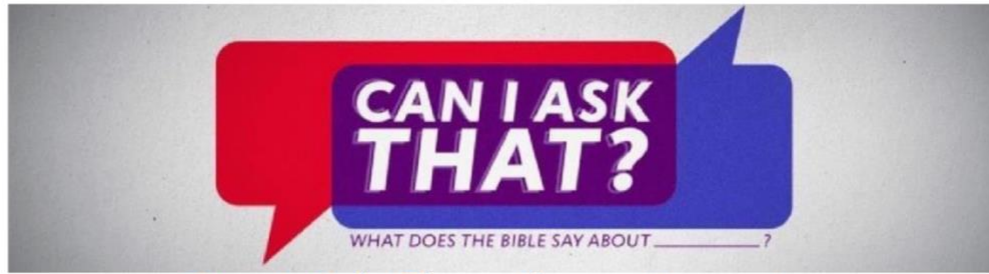
Dealing with our anger and practicing forgiveness is easier said than done. Anger can consume and forgiveness can evade. How are you at dealing with anger? Is there anyone with which you are currently consumed with anger? Talk about a time that you dealt with your anger constructively. Talk about a time where maybe you had a harder time.

READ/STUDY/DISCUSS

1. Read **James 1:19-27**
 - a. Who is this directive for? (every person) does this somehow exclude you?
 - b. What saves your soul? (implanted word) But don't just hear...also do it. When you are slow to anger...you reflect the character of God.
2. Read **Matthew 5:21-26**
 - a. How does Jesus reframe the 5th commandment (you shall not murder)?
 - b. How do you or do you struggle with this? What happens when someone is angry at you?
3. Read **Psalms 37:3-11**
 - a. "Refrain from anger and forsake wrath." How to you practice refraining from anger? Is anger a choice? Reaction? Emotion? Both? Is your anger ever righteous? How can you tell?
 - b. What are we to do instead? (verse 7)

PRAY

Pray for the things in this world that bring us anger to be met with the mercy and grace of God and that we would practice godly forgiveness.



Can I Ask That About Anger?

James 1:19-27; Matthew 5:21-26; Psalm 37:3-11

May 26, 2024 – Pastor Ben Schrank

“Know this, my beloved brothers: let every person be quick to hear, slow to speak, SLOW to anger; for the anger of man does not produce the righteousness of God.” James 1:19-20

The best answer to anger is SILENCE. – German Proverb

Anger is informative, but left unchecked can lead to BITTERNESS, RESENTMENT, SLANDER, and even a desire for REVENGE.

“Don’t let the sun SET on your anger.” Ephesians 4:26

Holding a grudge is like drinking POISON and waiting for the other person to die. -Unknown

When is anger righteous? When it’s GOD’S anger.

What do you do with your anger?

- 1) PRAY your anger.
- 2) Take CONSTRUCTIVE action.
- 3) FORGIVE as Christ has forgiven you.

“I do not say to you seven times, but SEVENTY-SEVEN times.” Matthew 18:22