

## Antidote Week 1: Let it Go

**Objective:** To encourage us to let go of our anger and trust God with the outcome.

**Read together:**

***“In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.***

**Ephesians 4:26-27**

- The sermon describes anger as a “God-given emotion.” In what ways can anger be constructive, and in what ways does it become destructive.
- Paul warns in Ephesians 4:26-27 not to let the sun go down while still angry. What practical steps can we take to resolve anger quickly before it becomes bitterness?
- The message explained that *“mishandled anger becomes bitterness.”* Have you seen this truth play out in relationships—either your own or others’? What was the result?
- One of the antidotes to anger is to *drop the matter* when the issue is small. Why do you think we sometimes choose to hold onto small offenses instead of letting them go?
- Forgiveness was described as “canceling the debt.” How does this definition of forgiveness change the way you think about forgiving others?
- Righteous anger over injustice can be valid, but it must be handled carefully. How can we act on righteous anger without it turning into cynicism or bitterness?
- The sermon emphasized that ultimately, *trusting God* is the key to releasing anger. What does trusting God with our anger look like in everyday life?
- This week’s challenge was to pray and ask God for help in letting go of anger. What specific situation in your life do you need to bring before God and trust Him with today?

**Final Thoughts:** What would change if you truly let go and trusted God?

**This Week:** Pray and ask God for help letting go of anger. What specific situation do you need to trust Him with today?