



Is This Normal?

Week 3: Anger & Forgiveness

Big Idea

Anger is normal — but holding onto it is not healthy. Forgiveness isn't excusing what happened; it's refusing to let past pain control your future.

WARM UP

When someone wrongs you, what's your natural response? Growing up, how was anger handled in your home?

VIEW MESSAGE

[Watch the Message from this Week](#)



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VIDEO NOTES

DISCUSS

Is this “normal” or is this “healthy?”

1. Ephesians 4:26:

“In your anger do not sin.”

- What’s the difference between feeling anger and feeding anger?
- It was pointed out that anger itself isn’t the sin.
 - Why is that freeing?
 - Why is that also dangerous?
- Have you ever had a moment where you were right – but handled it in the wrong way?

Walking with Wrath

2. Ephesians 4:26–27

“Do not let the sun go down while you are still angry, and do not give the devil a foothold.”



- What does “letting the sun go down” on anger look like practically today?
 - Replay conversations?
 - Imagined arguments?
 - Sleepless nights?
- The word *foothold* was described as a **staging ground**.
 - What kinds of lies does anger give space to grow?
- How does unresolved anger allow the past to shape the future?

You're Not Stuck

3. Ephesians 4:31

“Get rid of all bitterness, rage and anger...”

- Why do we often believe bitterness will go away once someone else changes?
- The message emphasized: “This is a you issue.”
 - Why is that hard to hear?
 - Why is that actually hopeful?
- What would it look like to take responsibility without minimizing the pain?

PRACTICAL STEPS

Ephesians 4:32 – “Forgive as Christ forgave you.”

- How does God’s forgiveness motivate us to forgive others?
- Why is forgiveness more about our freedom than their deserving it?



APPLY IT

Who comes to mind when you think about unresolved anger or hurt? What am I holding onto most right now?

- Words said
- Trust broken
- Opportunity lost
- Ongoing tension

Which step do I need to take first?

- **Decide** – I'm choosing not to let this define me
- **Name it** – Be honest about what was taken
- **Release it** – Let go of the debt they owe me

What's one practical way I can deal with anger in a healthy way this week?

- Have a conversation
- Pray about it honestly
- Write it out
- Seek counsel

If I don't address this anger, how might it impact my future relationships?

