

Sermon Notes

Big Idea: Anger is an inevitable, necessary, and even holy emotion that can fuel righteous action. Yet anger can also lead to prison-like sinful patterns that are incredibly destructive. Let's learn to harness our anger to defend what's good and attack what's evil.

Mark 11:1-18 (NIV)

The Truth about Anger:

- It is an inevitable emotion
- It is a necessary emotion
- It can be a holy emotion unto righteous action

Anger always DEFENDS and always ATTACKS

Ephesians 4:26-27; 31 (ESV)

An unforgiving heart is an unforgiven heart

Reasons for an unforgiven heart:

- 1) You don't think you need to be forgiven
- 2) You don't think you can be forgiven
- 3) You don't think enough about how God has forgiven you

"Feel Your Anger" Options: Blow Up, Clam Up, or Give Up

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) Read Mark 11:1-18. Have you read/heard these stories of Jesus before? What have your thoughts about His anger been before this sermon? Have they changed at all?
- 3) If *anger always defends and always attacks*, think of the last time you were angry and filter it through these two questions: What were you defending? What were you attacking?
- 4) Do you agree that *an unforgiving heart is an unforgiven heart*? Explain. Have you even been stuck in bitterness, struggle to operate with a *forgiven heart*? What was the reason?
- 5) Read Ephesians 4:26-27; 31. When's the last time you were able to *be angry and not sin*? Could you feel/tell the difference between the options: *Blow Up, Clam Up, or Give Up*?