

onechurch

bigIdea

If hoarded, this toxic leftover will fester and grow and choke out every good thing in your life and home. Are you keeping anger past the expiration date? If kept around, this leftover will sour and spill over into every relationship, causing broken relationships, damaged lives, shattered dreams.



BIG IDEA: Leftover anger spoils life and sours relationships

DISCUSSION QUESTIONS

1. What are some terms you may have heard used to describe an “angry” person?
2. When do you find yourself becoming angry? Are there certain situations or certain people who bring out anger in you?
3. How do you deal with anger when it wells up in you? Are you a *Spewer* or a *Stewer*?
4. Read Ephesians 4:26. When is anger healthy? When is anger unhealthy?
5. Why is it important to deal with your anger before the sun goes down?
6. Read Ephesians 4:27. What happens when you don’t deal with anger? Are you giving the devil a guest room?
7. Read Matthew 18:15-16. What is the right way to deal with people you’re angry with?
8. Read Matthew 5:21-26. What new standards of right and wrong is Jesus creating here? Is it possible to be okay with God and not be okay with someone else?

GOING DEEPER

1. Read James 1:19-20. How can we keep from sinning when we are angry? When we are angry, how can we get God’s perspective of the situation? How would being quick to hear, slow to speak and slow to anger, change our relationships?
2. Read Mark 3:1-6. What was Jesus angry about? What did his anger motivate him to do? What kind of situations *should* make us angry? Give some examples of *sanctified* anger.
3. Read Ephesians 4:30-32. What grieves the Holy Spirit? What are we to “put off” or remove from our lives? How do we do this? What needs to replace our anger? Is this something *we* do or is it something the Holy Spirit produces?
4. Read Hebrews 12:14-15. Unresolved anger leads to bitterness. What does bitterness do to us? To others? What are we to pursue? Does this mean we should always avoid conflict? When do we need to confront others with our anger? When do we need to just *drop it*?

THINK ABOUT IT

Are there people in your life that you need to forgive? Is your anger hoarding out the joy and peace in your life? As anger continues to grow and you hoard the leftovers, it will ruin your life. An important part of getting rid of anger is to identify whom you are angry with. Do the Biblical thing and go to them and talk about it. (Matthew 18:15-16)

WHAT WILL YOU DO?

If you have held on to anger, what steps can you take now to begin letting go of it? Who do you need to forgive? Ask God to give you His perspective and show you where to direct your anger.

CHANGING YOUR MIND

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27