

HOTHEADS

#HOTHEADSERIES



HOTHEADS, PART 2: WHAT DOES ANGER DO?

Have you ever got a warm, fresh chocolate chip cookie and poured yourself what you thought was a cold, refreshing glass of milk? You dip the cookie in the milk, take a bite, and you want to throw up. Curdled, rancid, sour milk! You look at the expiration date on the milk and it went bad 2 weeks ago. GROSS!

Nothing is nastier than sour milk past the expiration date. 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: Overlooked anger will overwhelm you.

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. Last week you were left with the homework of figuring out what makes you angry. What were the results of your investigation? What insight did you gain from trying to identify your anger?
5. *With your Bible or YouVersion, read Ephesians 4:25-27.*

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.
Ephesians 4:25-27 (NLT)

6. Is getting angry a sin? Why or why not? What turns anger into sin?
7. Why is it important to deal with your anger before the sun goes down?
8. What happens when you don’t deal with anger? Are you giving the devil a guest room?
9. Anger destroys the fertile soil in which God’s word takes root. Are there places of your heart that have become hardened? Is so, where and how did it happen?
10. *With your Bible or YouVersion, read James 1:18-21.*

He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession. Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires. So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.
James 1:18-21 (NLT)

11. Why doesn’t human anger produce the righteousness that God desires? If it doesn’t produce this, what does our anger actually do?
12. 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?

DIGGING DEEPER

1. *With your Bible or YouVersion, read Matthew 18:15-16.*

“If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back. But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. Matthew 18:15-16 (NLT)

2. What is the right way to deal with people you're angry with?
3. *With your Bible or YouVersion, read Hebrews 12:14-15.*

Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many. Hebrews 12:14-15 (NLT)

4. 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?

MOVING FORWARD

By making ourselves out to be the victim we don't have to take responsibility for our actions. How often do you catch yourself saying, "If my wife would... if my boss would... if others just..." It's always someone else's fault. Pride is a funny thing. When you are all alone, your pride enables you to justify your behavior. In your mind, anything and everything can seem logical. Anger keeps your excuses relevant.

Regardless of how justified you might feel about your bitterness, no one else causes you to be angry. Someone else's words or actions just serve as a context where the current state of your heart rises to the top. These circumstances serve as a revealer. As we learned, the cause of our anger lies deep within us. Normally, it is our ingratitude, impatience, pride, selfishness or desire to control. We have a choice to respond to every circumstance we face. We can either take the easy road and let the anger flow or we can utilize this circumstance to transform our character.

It goes deeper than a will-power trick or exercise. What is required is a perspective change that is rooted in God's word. Being slow to anger is not just sucking it up or becoming a pushover. It is about allowing God to do something in your heart that brings about life and peace. Resentment and revenge requires forgiveness. Entitlement is only defeated by gratitude. The rise of anger should awaken you to God's perspective and His grace.

WHAT WILL YOU DO?

Ask yourself questions like "what would it be like to be on the receiving end of my anger?" and "how would God want me to respond in this situation? Would my response bring God glory?" You may not ask these questions every time. But, attempting to ask these questions on a consistent basis gets you into the mindset of taking hold of your anger.

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.

WEEKLY READING

This week, spend some time reading and reflecting on the following verses: Ephesians 4:26-27, James 1:18-21, Proverbs 14:29, Ecclesiastes 7:9, Hebrews 12:14-15.



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