



onechurch

small group discussion guide

TOXIC: Week #3 - Anger

BIG IDEA: When anger builds up, it blows up. When anger builds up, it tears down.

Key Passage:

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.

If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

~ Ephesians 4:26-32

DISCUSSION QUESTIONS

Let's talk about anger. Not the anger in the world or the anger that is causing war...but your anger. So I need you to think back over the past week and the past month with me. When have you been angry? Tell the truth, shame the devil.

1. How many of you were angry drivers this week?
2. How many of you mumbled or thought something about your boss as he walked away.
3. How many of you have ever seriously contemplated breaking your computer or printer?
4. What great relationship(s) has anger destroyed in your life?
5. What relationship is it threatening right now?
6. What prejudice has anger created in your life? What group of people do you judge because of a bad experience with someone? Asians? Auto Mechanics? Men? Doctors? Used Car Salesmen? (ok, the last one is probably justified...)

Haman's Prejudice:

When Haman saw that Mordecai would not bow down or show him respect, he was filled with rage. He had learned of Mordecai's nationality, so he decided it was not enough to lay hands on Mordecai alone. Instead, he looked for a way to destroy all the Jews throughout the entire empire of Xerxes. ~ Esther 3:5-6

Haman was a happy man as he left the banquet! But when he saw Mordecai sitting at the palace gate, not standing up or trembling nervously before him, Haman became furious. However, he restrained himself and went on home. Then Haman gathered together his friends and Zeresh, his wife, and boasted to them about his great wealth and his many children. He bragged about the honors the king had given him and how he had been promoted over all the other nobles and officials. Then Haman added, "And that's not all! Queen Esther invited only me and the king himself to the banquet she prepared for us. And she has invited me to dine with her and the king again tomorrow!" Then he added, "But this is all worth noting as long as I see Mordecai the Jew just sitting there at the palace gate." ~ Esther 5:9-13

WHAT ADVICE TO YOU AGREE OR DISAGREE WITH FROM THE SERMON?

Don't

- Scream or yell! (Example: Scream at audience, character judgment). Screaming is wrong unless child is running into street
- Use foul language. Language is important. Words said in anger can mark a person for life. Don't make character judgments.
- (women) Avoid "the look of death"
- Trying to solve the problem when you're angry. Let emotion die down (Paul didn't say to deal with anger immediately...he said don't let it stick around long)
- ♣ Jesus fashioned whip out of cords...took time, gave him a chance to think over his actions.
- Quote for couples:
- "I am feeling angry right now. But don't worry I am not going to take it out on you. I do need your help. When you have time I would like to sit down and talk about the issue."
- Vent the anger to a party who is just going to be angry at that person too. (Slander)
- Seek revenge

Vent your emotion in a safe place: to right person or vent to God. (movie clip: Stitch – screaming into pillow)

- Don't vent to someone who will be tempted to lash out at the person/situation too, vent to someone who can't make contact.
- Don't attack anything. We think venting emotion is helpful, but it only works some of the time. Often it increases our anger.
- Vent anger by doing something you LOVE—put yourself in a peaceful place.
- Abraham Lincoln – angry letters in a desk drawer
- Don't force your kids to hold in their anger. Give them a place to vent, and teach them how to vent appropriately.

Address the Problem

- Seek to Understand the other person's perspective, and respect their opinions (policy of enthusiastic agreement)
- Explain your position and reason for action
- Look for a deeper cause to your anger.

GET PERSONAL

Take a moment to look at yourself:

1. Who do you need to forgive?
2. Who do you need to ask forgiveness of?
3. How can you vent your anger better?

