

# Small Group Guide: Wrath

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## Sermon Overview

This week's message explored the biblical perspective on anger, challenging us to examine how we handle offenses and anger in our lives. The sermon emphasized that while anger itself is not sin, how we manage it determines whether we give the enemy a foothold in our lives.

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## Key Takeaways

1. Anger is not sin, but it must be handled rightly - Ephesians 4:26 says "Be angry and do not sin"
  2. The day of our pain should be the day of our healing - "Do not let the sun go down on your wrath"
  3. Being offended is inevitable; living offended is a choice - We choose whether we stay angry
  4. Unresolved anger gives the enemy a room (space) in our lives - Carrying offenses creates footholds for the enemy
  5. We cannot hold unforgiveness and receive God's forgiveness - Forgiving others is the exchange for receiving Christ's forgiveness
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## Discussion Questions

### Understanding Anger

1. The sermon presented two "camps" on anger - one saying it can be used for justice, the other urging caution. Which perspective resonates with you and why?
2. Read Ephesians 4:26-27. What does it mean practically to "not let the sun go down on your wrath"? Why do you think this is so difficult?
3. The pastor shared: "A fool vents all his feelings, but a wise man holds them back" (Proverbs 29:11). How do we balance being honest about our emotions while not being controlled by them?

### Personal Reflection

4. The pastor described not wanting to be a "puppet man" - someone who can be manipulated by others pushing their emotional buttons. Can you identify times when you've been a "puppet" to your anger? What triggered it?

5. "The longer I live, the more I realize my impact of attitude on life. Life is 10% what happens to me and 90% how I respond to it." How does this statement challenge or encourage you?
6. The sermon stated: "When you carry and store anger, you create a culture for anger to dominate those around you." How have you seen anger create a culture in a home, workplace, or relationship?

## Forgiveness & Healing

7. Read Matthew 6:14-15. Why do you think unforgiveness blocks God's forgiveness from being active in our lives?
8. The pastor shared his experience of God asking him to forgive his grandfather whom he'd never met. Is there someone you need to forgive - even if they never asked for it or aren't aware they hurt you?
9. "Being offended is inevitable. Living offended is a choice." What offenses are you currently "living in" rather than releasing?

## Application

10. What "room" or "space" have you given to anger in your life? How has it affected your relationships with God and others?
11. The sermon emphasized being "quick to forgive" while we're still with our adversary. What practical steps can you take this week to address conflicts quickly rather than letting them fester?
12. How can we as a group help each other become people who are "slow to anger and quick to forgive"?

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## Practical Applications

### This Week's Challenge:

Choose ONE of the following to practice this week:

#### Option 1: The Same-Day Resolution

- Commit to not letting the sun go down on your anger this week
- When offended or hurt, address it the same day (even if uncomfortable)
- Journal about the experience

#### Option 2: The Forgiveness Audit

- Spend time in prayer asking God to reveal any unforgiveness you're carrying
- Write down names or situations that come to mind
- Pray through each one, choosing to forgive and release them to God
- Consider whether any require you to reach out for reconciliation

#### Option 3: The Anger Trigger Map

- Identify your top 3 anger triggers (situations, people types, circumstances)
- For each trigger, write out:
  - Why it triggers you
  - How you typically respond
  - How God wants you to respond differently
- Memorize a scripture to speak over each trigger

#### Option 4: The Culture Check

- Evaluate the "culture" you're creating in your home/relationships
- Ask someone close to you: "Do I create an atmosphere of peace or anxiety?"
- Make one specific change to create a healthier emotional culture

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## Memory Verse

Ephesians 4:31-32 "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."

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## Prayer Focus

### Personal Prayer:

- Ask God to reveal any anger or unforgiveness you're storing
- Pray for the grace to forgive quickly and completely
- Ask for healing from wounds that have created anger patterns

### Group Prayer:

- Pray for those struggling with anger issues in their homes
- Pray for broken relationships that need reconciliation
- Pray for the church to be a community of quick forgiveness and grace

Accountability:

- Share one specific area of anger or unforgiveness you're working on
  - Ask the group to check in with you next week
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## **Closing Reflection**

"When I receive the forgiveness of God and I receive His salvation, I say that I'm willing. I'm willing to forgive every offense, every wound, every enemy, every person that has ever hurt me in my life."

Final Question: Are you willing? What's your next step?

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## **Additional Scripture**

### **Warnings Against Anger**

- Proverbs 14:29
- Proverbs 15:18
- Proverbs 19:11
- Proverbs 22:24–25
- Proverbs 29:11
- Ecclesiastes 7:9

### **Anger That Leads to Sin**

- Genesis 4:5–7 (Cain's anger)
- Psalm 37:8
- Proverbs 27:4
- Matthew 5:21–22
- Romans 12:19
- Galatians 5:19–21

### **Instructions for Controlling Anger**

- Ephesians 4:26–27
- Ephesians 4:31–32
- Colossians 3:8
- James 1:19–20
- 1 Timothy 2:8
- Titus 1:7

### **Wisdom About a Quick Temper**

- Proverbs 12:16
- Proverbs 16:32
- Proverbs 17:14
- Proverbs 19:19
- Proverbs 25:28
- Proverbs 29:22

### **Examples of Destructive Anger**

- Genesis 49:5–7 (Simeon & Levi)
- 1 Samuel 20:30–34 (Saul's rage)
- Esther 3:5–6 (Haman's anger)
- Luke 4:28–29 (Crowd anger toward Jesus)

### **God's Standard: Slow to Anger**

- Exodus 34:6
- Numbers 14:18
- Psalm 86:15
- Psalm 103:8
- Joel 2:13
- Nahum 1:3

### **Righteous vs. Unrighteous Anger**

- Mark 3:5 (Jesus' righteous anger)
- John 2:13–17 (Temple cleansing)
- Ephesians 4:26