



Scriptures for further study

James 1:19-20 | Ecclesiastes 7:9 | Proverbs 22:24 | Proverbs 14:29

DISCUSSION QUESTIONS

1. Our new life in Christ gives new life to our old anger; it makes it a means to help others rather than to harm them. In Ephesians 4:26-27, Paul addresses the experience and practice of anger. What comes to mind when you hear the word anger? Is it usually a positive or negative response? What tends to make you angry?
2. When it comes to anger, believers need to understand and apply to their relationships the fact that anger is inevitable (v. 26a). Paul says that anger, when it comes, is to be used differently than the old self once used it. How is it to be used differently? Why is it to be used differently? What do you think Dr. Cortis meant when he said, “anger over anything is always an expression of love for something”?
3. Paul implies that anger can be sinless or sinful (v. 26b). Sinless anger comes from a godly love—and godly love is perfectly demonstrated at the cross. Anger is an emotion that can be proper and even essential in life. Describe a necessary and appropriate, intense anger?
4. Sinful anger is the alternative. It comes from an ungodly love—and ungodly love that is selfish and self-seeking. This is the anger believers must watch for. This is the anger that, Jesus says in His Sermon on the Mount, leads to character assassination, even murder and, ultimately, to God's judgment (Matt 5:21-22). What is the love that is driving this kind of anger?
5. As believers we must understand that anger will always be serious (v. 26c-27). Because anger comes from love and can come from a godly love or an ungodly love, making it sinless and healing or sinful and devastating, Paul continues his warnings about it. Why does Paul say: “do not let the sun go down on your anger”? Is anger good for our overall physical health? Is it good for our overall spiritual health?
6. Paul says: “give no opportunity to the devil.” Our anger is our enemy's great opportunity—whether legitimate or not. Even when it might be right to be angry, what biblical cautions would you give to prevent that anger from becoming sin and giving Satan a foothold?
7. Remember, the major issue with anger is not anger, the major issue with anger is the love that drives it, the kind of love behind it. In Romans 12:17-21, Paul gives some specific instructions we can follow when someone has offended us. What are they, and how can you apply them in the context of anger?