



JOHN WESLEY A.M.E. ZION CHURCH

#1 Title

"The Relationship Between Anger & Danger" by Pastor Austin J. Young

#2 Sermon Summary

In this sermon, we explore the complex relationship between anger and danger, as illustrated through the lens of faith. The message begins with a powerful call to embrace the name of Jesus, seeking His guidance to become more like Him. The sermon series, likened to an "anger management class," delves into James 1:19-21, emphasizing the importance of being quick to listen, slow to speak, and slow to anger. The preacher warns against the destructive nature of uncontrolled anger, which can lead to damaging words and behaviors. Through anecdotes and biblical wisdom, we are encouraged to let go of anger and instead fill our hearts with the word of God, allowing His teachings to guide our actions and reactions.

#3 Intro Prayer

Heavenly Father, as we gather today to reflect on Your word and the message we have received, we ask for Your guidance. Help us to open our hearts and minds to the lessons You have for us. May we be quick to listen, slow to speak, and slow to anger, as we seek to embody the righteousness You desire. Grant us the wisdom to manage our emotions through faith and the courage to let go of anger that may hinder our walk with You. In Jesus' name, we pray. Amen.

#4 Ice Breaker

What's one thing that made you smile this week?

#5 Key Verses

- James 1:19-20 (NIV): "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."
- Proverbs 10:19 (NIV): "Sin is not ended by multiplying words, but the prudent hold their tongues."

#6 Questions

1. What are some common triggers that cause you to feel anger?
2. How does the sermon's message about being "quick to listen" challenge your current approach to disagreements?
3. Can you share a time when being "slow to speak" helped to de-escalate a tense situation?
4. How can uncontrolled anger affect our relationships with others and with God?
5. What are some strategies you can use to manage anger in a godly way?
6. How does holding onto anger prevent us from experiencing the fullness of God's blessings?
7. In what ways can we allow the word of God to "clean up" the anger in our hearts?
8. How can we support one another in our efforts to live beyond our anger?

#7 Life Application

This week, challenge yourself to practice being "quick to listen and slow to speak" in your interactions. When you feel anger rising, take a moment to pause and pray, asking God to help you respond with grace and wisdom. Reflect on the impact of your words before you speak, and strive to let go of any lingering anger that may be holding you back from God's best for your life.

#8 Key Takeaways

Title: Listening Leads to Understanding

Listening is more than just hearing words; it's about seeking to understand the speaker's perspective. By being quick to listen, we open ourselves up to deeper insights and can prevent misunderstandings that often lead to anger.

Title: Words Have Power

Our speech can either escalate or de-escalate a situation. Being slow to speak allows us to choose our words carefully, ensuring that we communicate in a way that reflects God's love and promotes peace.

Title: Anger Can Obscure God's Plan

Holding onto anger can cloud our judgment and prevent us from seeing God's purpose for our lives. By releasing anger, we make room for God to work in our hearts and guide us toward His righteousness.

Title: Embrace God's Word for Healing

The word of God has the power to transform our hearts and minds. When we replace anger with scripture, we allow God's truth to heal us and shape our responses to life's challenges.

#9 Ending Prayer

Lord, as we close this time of discussion, we thank you for the wisdom imparted through Your word. Help us to carry the lessons learned into our daily lives, to manage our anger, and to reflect Your love in all that we do. May our conversations and actions this week be seasoned with grace, and may we be a source of light and peace to those around us. In Jesus' name, we pray. Amen.