



JOHN WESLEY A.M.E. ZION CHURCH

#1 Sermon Summary

In today's sermon, we delved into the topic of anger management, focusing on how unchecked anger can lead to destructive behaviors and even evil. Using Psalm 37:8-9 as our guiding scripture, we explored the domino effect of anger, where one act of uncontrolled anger can lead to a cascade of negative consequences. The sermon highlighted the story of a baseball game in 1894 that escalated into a city-wide fire due to a fight between two players, illustrating how anger can destroy not just individuals but entire communities.

We were reminded that anger can fill our hearts and minds with the wrong things, leading us to practice and even encourage evil. Instead of letting anger control us, we are called to put our hope in the Lord, who promises to take care of us and our situations. By refraining from anger and turning to God, we can avoid the pitfalls of anger and live a life filled with peace, love, and hope.

#2 Intro Prayer

Heavenly Father, we come before You today with open hearts and minds, ready to receive Your wisdom and guidance. As we discuss the sermon on anger management, we ask that You help us to be receptive to Your teachings. May Your Holy Spirit move among us, opening our hearts to understand how we can better manage our anger and live in harmony with Your will. Guide our conversation and help us to support one another in this journey. In Jesus' name, we pray. Amen.

#3 Ice Breaker

What is one thing that always makes you smile, no matter what kind of day you're having?

#4 Key Verses

1. Psalm 37:8-9 - "Refrain from anger and turn from wrath; do not fret—it leads only to evil. For those who are evil will be destroyed, but those who hope in the Lord will inherit the land."
2. Ephesians 4:26-27 - "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold."
3. James 1:19-20 - "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."
4. Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."
5. Colossians 3:8 - "But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips."

#5 Questions

1. What stood out to you the most from today's sermon on anger management?
2. Can you recall a time when your anger led to unintended consequences? How did you handle it?
3. How do you usually cope with feelings of anger? Are these methods effective?
4. What are some practical steps you can take to manage your anger better?
5. How can we support each other in our journey to manage anger and live more peacefully?
6. What role does prayer play in helping you manage your anger?
7. How can we ensure that our anger does not lead us to sin or destructive behaviors?
8. What does it mean to you to put your hope in the Lord instead of letting anger control you?

#6 Life Application

This week, whenever you feel anger rising within you, take a moment to pause and pray. Ask God to help you manage your emotions and respond in a way that reflects His love and peace. Make a conscious effort to replace thoughts of anger with thoughts of hope and trust in God's plan for you.

#7 Key Takeaways

1. ****Anger Can Lead to Evil****: Unchecked anger can fill our hearts and minds with negative emotions, leading us to practice and even encourage evil. It's crucial to manage our anger to avoid these destructive outcomes.
2. ****Hope in the Lord****: Instead of letting anger control us, we should put our hope in the Lord. Trusting in God's plan can help us navigate our emotions and lead us to a life of peace and fulfillment.
3. ****Practical Steps for Anger Management****: The sermon provided practical advice on how to manage anger, such as pausing to pray, seeking God's guidance, and replacing negative thoughts with hopeful ones.
4. ****Community Support****: We are encouraged to support one another in our journey to manage anger. Sharing our struggles and victories can help us grow together in faith and love.
5. ****God's Promises****: By refraining from anger and turning to God, we can inherit His promises of peace, love, and joy. God's word assures us that He will take care of us and our situations.

#8 Ending Prayer

Dear Lord, we thank You for the wisdom and guidance You have provided us today. As we leave this discussion, we ask that You help us to apply what we have learned about managing our anger. Fill our hearts with Your peace and love, and help us to put our hope in You. May we support one another in this journey and grow closer to You each day. In Jesus' name, we pray. Amen.