



JOHN WESLEY A.M.E. ZION CHURCH

#1 Summary

In today's sermon, we explored the theme of 'Don't Take the Bait' with a focus on Ephesians 4:26-27. The sermon emphasized the dangers of holding onto anger and how it can give the devil a foothold in our lives. We were reminded that anger, if not dealt with quickly, can poison our hearts, alter our perceptions, and lead us to sin. The key takeaway is to acknowledge our anger, release it, and seek forgiveness, just as Christ forgave us.

#2 Intro Prayer

Heavenly Father, we come before You today with open hearts and minds. We ask for Your guidance as we delve into the topic of anger management. Help us to be receptive to Your word and to understand the importance of dealing with our anger in a way that honors You. May Your Holy Spirit be present in our discussion, leading us to insights that will transform our lives. In Jesus' name, we pray. Amen.

#3 Ice Breaker

What is one thing that made you smile this week?

#4 Key Verses

1. Ephesians 4:26-27
2. James 1:19-20
3. Proverbs 15:1
4. Colossians 3:8

#5 Questions

1. What stood out to you the most in today's sermon?
2. How do you usually handle anger when it arises?
3. Why do you think Paul advises us not to let the sun go down on our anger?
4. Can you share a time when holding onto anger affected your relationships?

5. What are some practical steps you can take to deal with anger quickly?
6. How can acknowledging our anger help us in our spiritual growth?
7. What role does forgiveness play in managing our anger?
8. How can we support each other in our journey to manage anger better?

#6 Life Application

This week, make a conscious effort to acknowledge any anger you feel and deal with it quickly. Practice forgiveness and seek reconciliation with anyone you may have unresolved issues with. Journal your experiences and reflect on how these actions impact your emotional and spiritual well-being.

#7 Key Takeaways

1. Holding onto anger gives the devil a foothold in our lives.
2. Acknowledge your anger to deal with it effectively.
3. Release your anger to prevent it from consuming you.
4. Forgiveness is crucial in managing anger.
5. Trust God to handle situations that make you angry.

#8 Ending Prayer

Lord, we thank You for the insights we have gained today. Help us to apply what we have learned about managing our anger. Give us the strength to acknowledge, release, and forgive, just as You have forgiven us. May we find peace in Your presence and trust You to handle our burdens. In Jesus' name, we pray. Amen.