



Beyond “I Do” PT. III | Ephesians 4 : 26-27 | Jimmy Evans | 03.1.26

The Four Don'ts of Dealing with Anger

Opening Prayer

Begin your time together by inviting the Holy Spirit to guide your discussion and work in your relationships.

Icebreaker

Icebreaker Question: What's one thing you learned about handling conflict from watching your parents or caregivers growing up—good or bad?

Scripture Focus

Read : Ephesians 4:26-27 "Be angry and do not sin. Do not let the sun go down on your wrath, nor give place to the devil."

Key Takeaways

1. Don't Deny Your Anger

- Anger itself is not sinful—even God experiences anger
- Denying anger leads to health problems, depression, and passive-aggressive behavior
- Children of divorce often struggle more with processing anger healthily

2. Don't Justify Sin Because You're Angry

- Being wronged doesn't justify sinning in response
- Redemptive love means loving when the other person is unlovable
- The best person does the right thing first (like Jesus did for us)

3. Don't Go to Bed on Your Anger

- Unresolved anger kills passion and intimacy in marriage
- It creates habit patterns that get passed to children
- Yesterday's unresolved anger intensifies today's reactions

4. Don't Give the Devil a Place in Your Marriage

- Unresolved anger opens a door for the enemy (the "slanderer")
- Holding onto anger gives spiritual ground to destructive forces

Discussion Questions:

Understanding the Message

1. Why do you think Paul says "be angry" before he says "don't sin"? What's the difference between the two?
2. The sermon mentioned that "the clinical definition of depression is anger turned inward." How does this change your perspective on emotional health?
3. What does "redemptive love" mean in practical terms? How is it different from enabling bad behavior?

Personal Reflection

4. Which of the four "don'ts" is most challenging for you personally? Why?
5. Have you ever experienced the "gunpowder effect" where past unresolved anger made a current situation explode? What happened?
6. The sermon shared how Karen stopped fighting and started praying instead. What do you think gave her the strength to make that change?

Application to Relationships

7. How can we "cultivate an atmosphere of honesty" in our relationships where people feel safe expressing anger without fear?
8. What are some practical ways to avoid going to bed on your anger? What if the issue isn't fully resolved by bedtime?

9. Pastor Jimmy stated that stress-related illnesses are the number one reason for doctor visits. How might dealing with anger properly improve not just our relationships but our physical health?
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Practical Applications

This Week's Challenge:

Choose ONE of the following to practice this week:

Option 1: The Honest Conversation If you're holding onto anger toward someone, schedule a time to have an honest conversation. Prepare by praying first and asking God to help you speak truth in love.

Option 2: The Prayer Shift Like Karen in the sermon, commit to praying for someone you're in conflict with rather than trying to change them through your own efforts. Journal about any changes you notice in yourself or the relationship.

Option 3: The Bedtime Resolution Make a commitment not to go to bed on anger. If you have unresolved conflict with your spouse or family member, address it before sleep—even if it's just to say, "I'm still upset, but I love you and we'll work through this."

Option 4: The Anger Inventory Take time to identify any unresolved anger you're carrying. Write it down, pray about it, and if necessary, seek counseling or talk to a trusted friend about processing it healthily.

Group Activity: Role Play Scenarios

Break into pairs and discuss how you would handle these situations:

1. Your spouse makes a sarcastic comment that hurts your feelings at a family gathering.
2. Your teenager breaks curfew for the third time this month.
3. A friend betrays your confidence by sharing something personal you told them.

Discuss: How can you be honest about your anger without sinning? What does redemptive love look like in each scenario?

Memory Verse

Ephesians 4:26-27 "Be angry and do not sin. Do not let the sun go down on your wrath, nor give place to the devil!"

Closing Reflection

Question for Silent Reflection: Is there anyone you need to forgive or seek forgiveness from? What's one step you can take this week toward healing that relationship?

Prayer Focus

Pray together for:

- Wisdom to recognize and acknowledge anger without denying it
 - Strength to respond with redemptive love instead of retaliation
 - Courage to resolve conflicts quickly and not let them fester
 - Protection from the enemy's schemes in our marriages and relationships
 - Healing for those carrying unresolved anger from childhood or past hurts
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Resources Mentioned

Book: The Unexpected Legacy of Divorce by Judith Wallerstein and Sandra Blakeslee

Book: From Pain to Paradise by Karen Evans

For Next Week

Come prepared to share one way you practiced dealing with anger differently this week and what you learned from the experience.
