



## DISCUSSION QUESTIONS

### Ten — Part 7

1. What are some things that make you angry? How was anger expressed in your home when you were growing up? Do you think it was expressed in a healthy way? Explain your answer.
2. Read Matthew 5:21-22 and 1 John 3:15. What are some of the things that are wrong with being angry, hating another person or name-calling? Does good ever come from these things?
3. Not all anger is bad. Even Jesus, who was without sin, became angry. What do you think is the difference between “good anger” and “bad” anger?”
4. Read Proverbs 25:21, Proverbs 10:12 and Proverbs 15:1-2. What are some ways we can overcome anger with kindness?
5. Read Galatians 5:19-26 and Ephesians 4:31-32. What insights can you glean from these verses about how to overcome hate or inappropriate anger in our lives?