



REFLECT

1. What was something that made you sinfully angry in the last couple of weeks?
2. What are you like when you are angry? Do you vent? Are you quiet? Do you punch a pillow? What's your go-to response? How did you respond to the situation of question 1?

ENCOUNTER

James commands us to be quick to hear, slow to speak, and slow to anger. Why? Because “the anger of man does not produce the righteousness of God” (James 1:20).

Counselor David Powlison writes that anger “always expresses two things: It identifies something in your world that *matters* to you, and it proclaims that you believe something that is *wrong*.” So anger is actually a God-given response. Even God gets angry, but his is never wrong. However, as James says, oftentimes our anger is wrong. Why? Again, Powlison is helpful: your sinful anger “reveals that you are living as if you are in charge of the world.” We get angry when we don't get what we want. James 4:12 exposes the heart of sinful anger: we want to be king of the world. Read James 4:1-12, zeroing in on verses 11 and 12 to discuss the heart of sinful anger.

3. According to verses 1 and 2, what is the source of our fights?
4. Reread verses 11-12. Why is it wrong to criticize others?
5. What does James remind us about the difference between God and us? How is that humbling and comforting in the midst of anger?

6. In the previous verses, James gives us both warning and solution to those who proudly assert: “my will be done.” Read verses 6 and 7 and apply them to your anger.

TRANSFORM

7. In the situation in which responded in anger, what was it that mattered, and what did you believe was wrong?
8. What heart issue did your anger reveal?
9. Talk about what a godly response would have been like to your situation.

FOR FURTHER READING

This study was adapted from David Powlison, *Controlling Anger* (New Growth Press).

PRAYER REQUESTS