

DISCIPLESHIP RESOURCES

DISCUSSION GUIDES

EVERY MONDAY

Discussion Guide

Sunday Sermon 7.19.26



Killing Anger

This guide is designed to help your family or group take what was taught on Sunday and move from simply hearing the information to applying it in ways that build up and encourage one another. Feel free to adjust the depth and number of questions based on your time and the size of your group.

Access the Sermon on the Website & App:

[Click Here](#)



Opening Prayer & Icebreaker

Begin your time together by asking God to open hearts and minds to His truth about anger and to give courage to honestly examine areas where anger may be taking root.

Share about a time when you saw someone remain calm in a situation where most people would have gotten angry. What impressed you about their response?

Key Scripture

James 1:19-20 - "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God."

Discussion Questions

Understanding the Danger of Anger

1. **The Fire Analogy:** The sermon compared anger to a house fire that spreads from room to room. How have you seen anger spread in your own life or relationships? What areas has it "consumed"?
2. **Natural vs. Spiritual Response:** Our natural tendency is to be "slow to listen, quick to speak, and quick to get angry." How does this contrast with what God calls believers to be? What makes this transformation so difficult?
3. **Personal Reflection:** The pastor mentioned that few people come to him saying they have an anger problem, yet anger destroys marriages, families, and churches. Why do you think we struggle to recognize anger as a serious issue in our lives?

Recognizing the Deception of Anger

4. **Righteous vs. Sinful Anger:** Review the differences between righteous and sinful anger from the sermon:
 - **Righteous:** Directed toward sin, motivated by God's glory, controlled, joined with grief
 - **Sinful:** Directed toward personal offenses, motivated by pride, uncontrolled, joined with selfishness
5. Which type of anger do you most commonly experience? Be honest.
6. **Disguised Anger:** The sermon listed many ways anger disguises itself: silence, withdrawal, coldness, sarcasm, passive-aggressive behavior, keeping score, etc. Which

of these "disguises" do you most relate to? How does recognizing these help you identify anger in your life?

7. **The Revelation of Anger:** "Anger will show you what you love and what you care about." What does your anger reveal about what you truly value? Is it revealing that something has become more important than trusting God?

Identifying the Source of Anger

7. **Internal Conflict:** James 4:1-3 teaches that wars around us often come from conflicts within us. How have you seen this play out? What internal desires or demands are fueling anger in your life right now?
8. **Desires Becoming Demands:** The sermon explained how good desires (respect, comfort, control, justice) become demands that fuel anger. Can you identify a good desire in your life that has become a controlling demand?
9. **Worship Issue:** "Our anger usually reveals that something has become more important to me than trusting God." This is ultimately a worship issue. What might your anger be revealing about your worship?

Applying the Cure

10. **Christ's Example:** When Jesus was "reviled, He did not revile in return" (1 Peter 2:21-23). How does pondering Christ's example change your perspective on the offenses you've experienced?
11. **Forgiveness Received:** How does regularly thinking about how much you've been forgiven help kill anger in your life? When was the last time you stood in awe of God's forgiveness toward you?
12. **Practical Steps:** Review the pathway to killing anger from the sermon:
 - Ponder Christ's example
 - Think about how much you've been forgiven
 - Think about the condition of your own heart
 - Consider what happens when you give the devil a foothold
 - Think about what anger does to you
 - Confess it to a trusted friend
 - Replace anger with love
 - Trust God's sovereignty
 - Leave justice to God
13. Which of these steps do you most need to practice this week?

Key Takeaways

1. **Anger is dangerous** - It spreads and destroys relationships, starting small but consuming everything in its path if left unchecked.
2. **Anger is deceptive** - It often disguises itself as righteousness or hides in silence, withdrawal, and passive-aggressive behavior rather than obvious outbursts.
3. **Anger reveals our hearts** - It shows what we truly love and worship, often revealing that we want something more than we want Jesus.
4. **The goal is to kill anger, not control it** - Through God's truth and the Holy Spirit's power, we can be transformed, not just manage our anger.
5. **The gospel is the cure** - Remembering how much we've been forgiven and Christ's example empowers us to extend grace to others.

Practical Applications

This Week's Challenge

Choose **TWO** of the following to practice this week:

1. **Daily Gospel Meditation:** Each morning, spend 5 minutes meditating on how much you've been forgiven. Read passages like Ephesians 2:1-10 or Colossians 2:13-14.
2. **The Quick-to-Hear Challenge:** In one specific relationship where you struggle with anger, practice being "quick to hear, slow to speak, slow to anger." Before responding, count to ten and ask yourself, "Am I reacting or responding?"
3. **Anger Journal:** When you feel anger rising, write down:
 - What triggered it?
 - What desire underneath might be becoming a demand?
 - What does this reveal about what I'm worshipping?
 - How would Christ respond in this situation?
4. **Confession and Accountability:** Identify one trusted friend and confess an area where you struggle with anger. Ask them to pray for you and check in with you weekly.

5. **Replace with Love:** Identify someone you're angry with and intentionally do one act of love toward them this week (pray for them, serve them, speak well of them, etc.).
6. **Cross Reflection:** When angry, immediately take it to the cross. Spend time thinking about what Jesus endured without retaliating and how He trusted His Father.

Accountability Questions for Next Week

- Where did you experience anger this week?
 - How did you respond differently because of what we discussed?
 - What did your anger reveal about your heart?
 - How did you see God's grace help you in those moments?
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Prayer Focus

Pray for one another in these areas:

- Humility to recognize anger we've justified or hidden
 - Courage to confess anger to God and trusted friends
 - Transformation through the Holy Spirit to kill anger at its root
 - Grace to forgive others as we've been forgiven
 - Wisdom to identify what desires have become demands
 - Trust in God's sovereignty and justice
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Memory Verse

James 1:19-20 - "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God."

Closing Reflection

The pastor's final question: **"Is there anger in your heart that you've justified? Has your anger disguised itself as silence, criticism, or withdrawal? Have you been willing to evaluate your anger and see what's underneath it?"**

Take a few moments of silence for personal reflection, then close in prayer, asking God to kill anger in your lives before it kills you and those around you.