

Can't Stop The Feeling Anger

TALK IT OVER

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step.

Using your Bible or Movement Church APP read.

6 Steps To Overcoming Anger:

1. Face the real issues (Galatians 5:13-26)
2. Deal with your anger (James 1:19-20)
3. Die to self; live by Christ (Galatians 2:20)
4. Break the stronghold of anger (2 Corinthians 10:3-7)
5. Replace anger with acts of kindness (Ephesians 4:31)
6. Fully deal with each day's anger (Ephesians 4:26)

Get Started: Think of a time during the past week when you could not stop your emotions from changing in the direction of impatience and anger.

What Makes You Angry?

We can learn a great deal about ourselves by considering the kinds of things that make us angry. Ask yourself the following questions, and try to be honest in your responses.

- Do you respond with anger when your children are difficult to handle or disobedient?
- Do you get angry when you seem to lose control over others?
- Are you enraged when your pride is bruised?
- Is your anger the result of ongoing grudges and bitterness?
- What is your emotional response to irritations? Do you blow up at the least frustration then forget the incident and leave the debris of injury in your wake?

Start Talking. Find a conversation starter for your group.

- What is the one thing that stood out from this week's message?
- Do you sometimes have difficulty with anger? How does it show up in your life?

Start Thinking. Ask a question to get your group thinking.

- Where do you tend to get irritated, frustrated, discouraged, or experience flashes of anger? Do you recognize any themes or patterns?
- Who did I talk bad about this week? Whose law did they break, mine or God's? Did I show concern and compassion for them?

Start Sharing. Choose a question to create openness.

- Study James 1:19-20. What do you think James means? Can you give an illustration from your own life?
- How was that incident an example of "Man's anger does not work God's righteous cause"? (James 1:20)

Start Praying.

LEADER: Heavenly Father, when You speak to us about Yourself, You tell us that You are "slow to anger, abounding in love." David tells us to "sing to the Lord...for His anger lasts only a moment, but His favor lasts a lifetime."

GROUP: Why are we so different from you, Father?

LEADER: It is because we are children of Adam and Eve, and like their first child, Cain, we hold on to our anger and even feed it.

GROUP: But this is not Your will for us, dear Lord, and so we confess to You our angry sins and seek Your forgiveness for the sake of our Savior Jesus Christ.

LEADER: We thank You that by Your Holy Spirit You have made us Your own dear children, with a new nature which enables us to love others as You have loved us.

GROUP: Help us, Father, for Jesus' sake, to use Your Spirit's power to overcome our anger and replace it with love and forgiveness.

LEADER: In Jesus' name, and because He bore God's anger for you, I assure you that God has forgiven your angry sins.

Don't Let The Conversation Stop Here. Keep Talking It Over Online.

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