

Life Group Questions and Message Notes

1. Discuss what creature you think each other is in your group?
2. How do you recognize what's beneath the surface in our own anger and in those around us?
3. How do you regulate your anger and help others do the same?

Diving Deeper – Going beneath the Surface in Your Relationship with God and Others

Pastor Kerry Shook – August 15th, 2021

“Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Ephesians 4:14,15, 25-27 (NIV)

UNHEALTHY WAYS WE EXPRESS ANGER

- Puffer fish: Blows up
- Hermit crab: Goes into their shell
- Angel fish: Passive-aggressive attacks
- Stingray: Attacks when you step on them
- Electric eel: Always angry and isolated
- Shark: Attacks when there is blood in the water
- Piranha: Constant critical, biting comments

STEPS TO A NEW DEPTH

1. SEE BENEATH THE SURFACE

“Then we will no longer be infants, tossed back and forth by the waves, and blown here and there...” Ephesians 4:14a (NIV)

- Hurt
- Fear
- Intimidation

2. REGULATE THE PRESSURE

- DON'T VENT ANGRY FEELINGS

"Fools give full vent to their rage, but the wise bring calm in the end." Proverbs 29:11 (NIV)

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." Ephesians 4:29 (NIV)

- DON'T HOLD IN ANGRY FEELINGS

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold." Ephesians 4:26-27 (NIV)

- BREATH OUT ANGER: BY ADMITTING IT
- BREATH IN GRACE: BY ACCEPTING IT

3. BALANCE TRUTH WITH LOVE

"Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ." Ephesians 4:15 (NIV)

"Wounds from a friend can be trusted, but an enemy multiplies kisses." Proverbs 27:6 (NIV)

"Make every effort to keep the unity of the Spirit through the bond of peace." Ephesians 4:3 (NIV)