



ADDRESSING ANGER

Bible Teacher Steve Carter
Sunday, January 24

1. **Intro:** What is something that made you angry this week?
2. How do you tend to deal with (or not deal with) your anger? (If you are brave enough, ask those closest to you!)
3. **Read Ephesians 4:26-27.** Why is dealing with our anger in healthy and godly ways so important?
4. **Read James 1:19-20.** We often justify our anger by appealing to the fact that we see examples of Jesus getting angry in the gospels. However, what is important to recognize about the difference between divine anger and our common experiences of human anger?
5. **Read Matthew 5:21-26.** What does Jesus teach about our anger, how we should deal with it, and why?
6. What is a step you can take this week to grow in how you handle your anger?

QUESTIONS FOR KIDS

1. Read Ephesians 4:26-27. What do these verses mean?
2. According to James 1:19, what should we do quickly? What should we do slowly?
3. When you are feeling angry or frustrated, what are some things you can do with your feelings?