

As we continue in our series on the Seven Deadly Sins, we turn our attention to anger. Dan described anger as the “kudzu” of the Seven Deadly Sins because if it is left untended, it can overrun our lives.

1. When was the last time you felt truly angry? What happened? What was the root cause of the anger, or in other words, why did it make you angry?
2. Read **Ephesians 4:26-27**. Anger, in and of itself, is not sinful. However, Paul is clear that anger often leads to sin. What is it about anger that “gives the devil a foothold”? How do you most often experience anger that turns into sin?
3. Pastor Dan made the point that “we live in a culture that rewards outrage.” What are some examples of this dynamic that you can think of? How have you been personally affected?
4. In times of suffering, our pain can either lead us to anger or lead us to be more like Jesus. Why is it so much easier to just get angry when we are hurt? What do you think it looks like to actually suffer through our pain instead of turning to anger?
5. Read **Ephesians 4:1-3**. Dan highlighted three steps for us to deal with our anger. 1) Be with Jesus, 2) Gain Perspective, and 3) Choose to forgive. Think of a specific situation you are dealing with right now that is causing your anger (or you at least know that anger is waiting to rear its ugly head). How can you apply these three steps to that specific situation?

**Challenge:** Everyday this week, reflect on how you experienced anger that day. What made you angry? Why did it make you angry? How can you handle your anger in a God-honoring way?

**Prayer:** Partner up with someone, share where you struggle with anger the most, and pray for each other. Then every day this week, check in with them. Ask what they have experienced that day that caused them anger, how they handled it (What did they do to spend time with Jesus, gain perspective, and choose forgiveness?), and continue to pray for them.

## STUDY DEEPER

Read “Showing Grace in the Era of Cultural Outrage”.

<https://relevantmagazine.com/god/showing-grace-era-cultural-outrage/>