

Series: "Triggered"
Sunday Message: "Why Are We Angry?"

October 2, 2022

By Brent Knox

Icebreaker:

Which describes your temper: short fuse, big bomb? Long fuse, little fizz? Long fuse, H-bomb?

Sermon in a Sentence:

Allow anger to teach you about you.

General Discussion [Groups of 4]:

Brent described anger as a secondary emotion. There is another emotion underneath anger.



Read Genesis 4:1-8. See also Hebrews 11:4 and 1 John 3:11-13.

1. Why do you think God asked Cain questions?
2. This is speculative, but what do you think was Cain's first emotion before anger?
3. Did Cain have the ability to "hit the pause button?" Why or why not?
4. What was the truth that Cain refused to believe?

Read Mark 4:35-41. Note: The NLT version translates "said" (v. 38) as "shouted."

5. Why do you think Jesus asked the disciples questions?
6. What was the disciples first emotion before "shouting?"
7. What was the truth that disciples did not grasp?

Read 1 Kings 21:1-7

8. Why was Ahab angry? What do you think was his first emotion? What cheered him up?

Gospel-Centered Discussion: Read Luke 9:51-56, NLT.

Because of certain early manuscripts, some Bible versions add to verse 56. *But He turned and rebuked them, and said, "You do not know what manner of spirit you are of. For the Son of Man did not come to destroy men's lives but to save them." And they went to another village.* Luke 9:55-56, NKJV

9. Why do you think James and John wanted fire to come down on the Samaritans?
10. When we are treated unjustly, we can feel angry. In his message Brent stated, "Our overreaction to injustice, can be conquered when we realize WE are the ones that deserve the fire of justice, but Jesus RELEASES us from that justice. Since we have experienced it, we can have the power to RELEASE others from our own acute sense of justice." How does the gospel message help slow down our anger?

Application Discussion.

In Brent's message, two application points were offered: **1) Hit the pause button. 2) Be curious about yourself. Ask, "what does my reaction teach me about me?"**

11. What is most often the cause of your anger?
12. What will be challenging for you as you try to implement the application points above?

Prayer

Please pray for the person on your right and ask God to help them with their answer to question #11 and/or #12 above.