



When we feel anger, our emotions tell us it's 100 percent someone else's fault. But James, the brother of Jesus, has something different to say. When we take a step back and acknowledge what the problem really is, anger will no longer be in control of us.

Discussion Questions:

1. What's something other drivers do on the road that makes you angry?
2. Describe your relationship with anger. Do you tend to shout out or shut down?
3. What and/or who currently triggers the strongest feelings of anger in you? Explain.
4. Read James 3:13–16 and 4:1–2.
 - What stands out to you?
 - Where does James say our anger comes from?
 - What does James say is the potential consequence of our anger if we don't acknowledge the root cause?
5. How might your relationships be impacted if, in the midst of your anger, you acknowledge that part of the problem is you're not getting what you want?
6. What practical step can you take the next time you feel anger bubble up inside of you?