

PROVERBS: ANGER

DISCUSSION GUIDE



SUMMARY:

We all have heard that statement, “You can run but you can’t hide!” What a true statement, especially when it comes to God. He sees everything. He sees what we can’t see. He sees what we do see. He sees deep down into the crevices of our hearts. He knows everything! More specifically, He knows we deal with all types of things, especially anger. He sees it! He knows the root causes of our anger. He knows the emotions behind them. He knows the intent of our hearts when we are angry. What can we learn from this subject that grips all of us? Well, let’s turn our attention to what God’s Word has to say when it comes to the subject of anger.

Key Passage: Proverbs 29:11; Proverbs 15:1

Be sure to read this Scripture passage together before you proceed to the “Grow” section of our study.

QUESTIONS FOR REFLECTION AND DISCUSSION

KNOW: Spend some time finding out how everyone’s week has gone.

The questions in this section provide a guide for connectivity; feel free to approach this part of your group time organically over a meal or “connection” activity or with questions appropriate to your context.

What is something that you are thankful for this week?

What is something that is causing you stress or concern this week?

Who in your life is in need of prayer, physical help, or emotional encouragement right now?

GROW: Grow in the Lord as you engage His Word together.

Read Proverbs 29:22. Can you think of a time in your life where anger caused you to sin and hurt others?

James 1:19-20 tells us we are to be quick to listen, slow to speak, and slow to anger. Which of these characteristics do you struggle with the most and why?

Exodus 34:5-7 tells us that God is slow to anger. What would it look like for a person to be slow to anger?

GO: Talk through ways you can put what you've learned into practice.

Someone once said that anger is unmet expectations. How can developing a healthy habit of finding satisfaction in Jesus help subdue anger?

What will you do differently this week when confronted with anger?

Who in your life needs you to practice kindness and forgiveness to them rather than anger and rage? Take time to pray for God to give you an opportunity this week to speak to them in love.

LOVE GOD. LOVE PEOPLE.