

## Sermon Summary

Handling anger biblically involves practicing patience, forgiveness, and self-control, as we see in Ephesians 4. By seeking guidance from Scripture, prayer, and relying on the Holy Spirit's help, we can respond to anger with grace and seek reconciliation rather than harboring resentment or seeking revenge. Let's lean in as we navigate the topic, how to deal with anger.

**Key Passage:** Ephesians 4:26-32

### Questions for Reflection and Discussion

#### Grow

Reflect on a time when you struggled with anger. How did you handle it, and what were the consequences of your response?

Read Ephesians 4:26-27. According to these verses, what does the Bible say about managing anger? How can we apply this principle in our daily lives?

Reflect on Ephesians 4:31-32. How does Paul encourage believers to replace anger with kindness, compassion, and forgiveness? How can we extend grace to others and ourselves in moments of anger?

#### Go

Consider the importance of accountability and support in managing anger. How can we hold each other accountable and provide encouragement and counsel in times of struggle?

Share practical strategies for managing anger in healthy and constructive ways. How can we cultivate a spirit of patience, forgiveness, and self-control in our lives?

Share personal experiences or stories of individuals who have effectively dealt with anger biblically. What lessons can we learn from their examples?