

# SMALL GROUP QUESTIONS

**OVERCOME: Anger - May 13, 2018 - Jason Greene**

## QUICK REVIEW

1. As you consider this week's worship gathering, was there anything you heard for the first time or that caught your attention, challenged, or confused you? It could have been through a song, the sermon, another person, or an experience.

## SCRIPTURE-BASED MIXER

2. Proverbs 14:29 says "Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly" (ESV). Who is a person you look up to that has "great understanding" when it comes to controlling his or her anger? Briefly explain.

## MY STORY

3. What injustice(s) in the world do you get most upset about?
4. Has your anger over an injustice ever led to you taking action?

## DIGGING DEEPER

5. How is anger addressed by Jesus in these passages?
  - Mathew 5:21-22
  - Luke 6:45
6. When we find ourselves getting angry, we need to stop and ask, "*What am I loving so much right now that my heart is moved to feel angry?*"
  - Read the story of the two sons found in Luke 15:11-32.
  - Take a moment and analyze the source of the older son's anger (v.28).
7. The Bible provides a road map for growth and change when it comes to overcoming anger and so much more. Read these verses and discuss the ways God provides help in producing supernatural change:
  - Colossians 1:13
  - II Corinthians 5:17
  - Ephesians 4:22-24

## TAKING IT HOME (APPLICATION)

8. Have you experienced unrighteous anger this week? How did you handle it? What might you do differently in light of God's Word?

- I. USE your anger for GOOD

Eph 4:24-27;  
Ps:119:53;  
Matt 21:12-13

"Anger is LOVE IN MOTION to deal with a threat to someone or something we truly care about"

-Tim Keller

- II. RESOLVE your anger QUICKLY

Js 1:19-20; Ex 34:6

- III. PROTECT your anger from EVIL

Eph 4:26-27

4 Practical Ways to Fight Unrighteous Anger:

- (1) Consider God's view of anger

Gen 4:7

- (2) Understand the Consequences of it

Matt 6:14-15

- (3) Use the weapon of Confession

Js 5:16

- (4) Remember the Forgiveness you've received

Eph 4:31-32