



## **Part Two: Anger // Mark Clark // October 17, 2021**

Anger is a desire for vengeance, an emotion of resentment toward others or circumstances that arise out of self-preservation and one's life or ego being challenged or threatened. Anger is not inherently evil. Recognize when it is sinful, placing one's life or ego above all else, and learn how to fight it. Be challenged to take on a righteous, holy anger that helps correct injustices and expresses God's righteousness.

**Scripture:** Matthew 5:22, Psalm 37:8, Psalm 4:4, Proverbs 14:29, Ephesians 4:26-27, Colossians 3:8, 1 Timothy 2:8, James 1:19, Proverbs 29:11, Ecclesiastes 7:9, Proverbs 15:18

### **Bottom Line:**

#### **Getting Started:**

1. Would you rather: say everything that's on your mind with no filter or never be able to speak again? Tell us why!
2. Share a time you had high expectations for an event but were let down by your actual experience. (Or when was the last time you experienced buyer's remorse? Share why.)

#### **Jumping In:**

3. In the message, we heard, "In order to fight anger, we need to be people defined by forgiveness." Read Colossians 3:12-14. How is fully embracing what God has done and who God is important to forgiving others and defeating anger in our lives?
  - a. How much anger in your life could be eliminated if you allowed forgiveness to be the fruit instead of anger?
4. Read Ephesians 4:26-27, Psalm 4:4, and Proverbs 14:29. How do these passages instruct us to handle anger? How can this be practically implemented in our lives in moments of anger?

#### **Discuss:**

5. Meekness demonstrates the ability to control oneself and to show patient restraint. Read the story of the temptation of Jesus in Matthew 4:1-11. How does Jesus exemplify meekness? What makes it so difficult (but important) to actively live with this character trait?
6. Anger is not always inherently evil. Discuss as a group what differentiates "righteous anger" from sinful anger. How do you know when your anger is righteous?
  - a. What are some examples of righteous anger you feel towards injustices in the world today?
  - b. Take time to pray with your group about those injustices.