



WHEN ANGER ARISES

Living The Sermon On The Mount - Wk 11

ICEBREAKER: When is it necessary to take the law into your own hands?

OVERVIEW: Anger is a growing problem in America. Rage is suddenly “the rage.” A recent Gallup pole found that 49% of those surveyed generally experience anger at work, with one out of six becoming so angry that he or she felt like hitting another person. An internet survey conducted by Access Atlanta discovered that 67% of those responding had become so angry at work that they had thought about slapping a co-worker (“Getting Anger Under Control,” p. 8, Anderson and Miller). Anger is the strong feeling of displeasure that you feel in response to insult or injury or injustice. While it is possible to be angry without sinning, it is highly difficult and extremely rare. In Matthew 5:21-26, Jesus taught three actions to deal with anger: Let it go; watch your words; and initiate reconciliation as quickly as possible. In this discussion we will go deeper in learning how to be Christlike when anger arises.

1. What insight, principle, or observation from this weekend’s message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday’s message?)
2. Read James 1:19-21. What helpful insights about anger can we learn from this passage? What is the difference between sinful human anger and God’s anger? How does human anger conflict with the kind of righteous living that God desires?
3. What wisdom about anger can we glean from the book of wisdom?
 - Proverbs 14:29
 - Proverbs 19:19
 - Proverbs 22:24-25
 - Proverbs 29:11

4. The first action to take in dealing with anger is to let it go, or forgive. Colossians 3:13 says, “Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” In your own words, define what forgiveness is and is not.
5. Is there anyone whom you are struggling to forgive? Explain (without damaging their reputation). If so, what would forgiveness look like in your situation? What do you need to do to move to a place of forgiveness?
6. What are some signs that you are struggling to forgive someone (i.e. what does unforgiveness look like)?
7. Another action to take to assassinate anger is to watch your words! James 1:26 says, “If you claim to be religious but don’t control your tongue, you are fooling yourself, and your religion is worthless.” How have others hurt you with their words, and how can you use those experiences to help you be more Christlike with your words, even when you are angry?
8. A final action to take against anger is to initiate reconciliation as quickly as possible. It is a sin to not do anything when you know that someone is angry or hurt by your actions, whether you are guilty or not. Jesus made it clear that your relationship with God will not be right if your relationships with people are wrong. Do you need to initiate reconciliation with someone who is angry or hurt by you? If so, what would that look like?
9. In which situations does your anger tend to get the best of you? What do you need to do to start consistently handling those situations in a more Christlike manner?

*If you are patient in one moment of anger,
you will escape a hundred days of sorrow.*
Chinese Proverb