

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.

Message Recap: Jesus felt many emotions—and anger was one of them. But there are a few things we can learn about why Jesus got angry, and what He chose to do when He felt strong emotions. When we focus our anger on the right things and channel our emotions the right way, we can start to unite a divided world.

» Main Points

- Jesus is known for his love, not for his anger.
- Jesus was angry on behalf of those who were mistreated.
- When Jesus got angry, he flipped tables, not people.
- When Jesus got angry, he loved and healed those who were hurting.

» Getting Started

- How do you feel about expressing anger? Are you comfortable with it, or do you tend to downplay it?
- Describe the way you typically express anger.

» Observation

- Read and reflect on [Ephesians 4:26-27; Matthew 21:12-14; Colossians 2:13-15](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

reachout

- This week is our #foraurora service week. You can still register at ehills.org/weekend. If you can't join us find something that makes a difference in your neighborhood or your workplace. Show someone the love that Jesus has shown to you.

growdeep

- What makes you angrier - when you're mistreated or when someone you love is mistreated? Why do you think there's a difference between the two?
- In your effort to be right, have you ever forgotten to be loving? Talk about a time when this happened. What did you learn from it - or what could you have learned from it?
- How might remembering God's forgiveness for you change the way you approach people who have hurt or mistreated you or those you love?

partner with families

- We want the things that break God's heart to break our hearts. As a family this week talk through some things that break God's heart (poverty, homelessness, etc.). Come up with a plan as a family to right the wrong you're seeing. Maybe it's praying for someone you know, maybe it's taking action.

» Next Steps and Prayer

- If you haven't already, download the [Bible App](#) on your phone and select [Eastern Hills Community Church](#) as "My Church." Then, start the [Featured "Emotions" plan](#).
- Close by thanking God for his forgiveness through Jesus and asking him to help you move toward forgiveness for those who have hurt you or those you love.