

Love Comes to Town Week 4 Triggered
Week of October 19, 2025
Ephesians 4:26-27
Discussion Guide

ICEBREAKER

Think about different causes of anger:

*Shame; Sadness, Fear, Frustration, Guilt, Disappointment,
Worry, Embarrassment, Jealousy, Hurt, Anxiety*

Did you ever think of anger having so many different possible emotions behind it? Share with your Group what you think is under the surface of your anger.

A APPLY THE BIBLE

The Bible has a lot to say about anger. We learn that not all anger is sinful. Jesus was angry when others were sinned against; when people sinned against His Father, the Holy Spirit or the least and the lost in society. He actually never got angry at the way he himself was treated. Have someone read Mark 3:1-6.

Q1. Why was Jesus angry? Where was there love in his anger?

When we get angry, it is very important for us to distinguish WHY we are angry, in other words— our motives.

Have someone in your Group read the Message version of James 1:19-21:

“Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God’s righteousness doesn’t grow from human anger. So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life.”

Q2. What is James trying to tell us about the placement of anger in relationships?

Read Ephesians 4:26-27: “... in your anger do not sin. Do not let the sun go down while you are still angry and do not give the devil a foothold.”

Q3. What are the boundaries Paul places around our anger?

Q4. Does Paul mean you literally cannot go to bed if you are angry? What point do you think he is trying to make?

Q5. Has your perspective on anger changed as a result of this week’s teachings? How?

Ⓑ BEAR BURDENS

Many of us struggle with anger. It can be expressed in many different ways. This is especially true for some, often men, who may have difficulty expressing emotions like fear, shame, and disappointment, which can be masked as anger. Anger is an emotion that 'feels' good - it can feel like power and control to the angry person — but anger definitely doesn't feel good to the recipient. Angry people are frequently blind to their own anger, and the impact it has on their relationships. However, Jesus died to free you from negative expressions of anger. Q1. Based on the chart in the icebreaker, where do you think your anger may have its origin?

Q2. Have you ever thought about your anger really hiding your fear (or other emotions) before? In what ways was this revealing?

Q3. Remember this verse from last week? Jesus said, "For the mouth speaks what the heart is full of" (Matthew 12:34). Our anger is expressing something deep in our hearts—especially our feelings—towards God. What do you think your anger is revealing about what is in your heart?

Break into smaller groups of 2-3 and pray specifically for a heart change. Ask the Lord to help you see that He is a good Father who wants you to be free of your anger. Pray for repentance of your anger and ask Jesus to reveal the root cause behind your anger.

Ⓒ CHANCE TO SERVE

Woodside's Church Has Left the Building Day of Service is coming up November 2nd. Groups, families, EVERYONE is invited to participate in this awesome outreach, applying in practical ways all that we are learning about loving others. Are you signed up?!