



DISCUSSION GUIDE

Ice Breaker: Would you rather be stuck on a deserted island alone or with someone you don't like?

- We've all had moments (or more) of anger and we often feel that it was justified. But how did others see it? Why do you feel uncomfortable when you see anger in others vs. in yourself?
- How do you make decisions about whether your anger is right or wrong? Do you stop and think about it? Read Matthew 5:21-22 & Ephesians 4:26
- Ephesians 4:31 gives us a list of warning signs about anger's transition to sin: bitterness, rage/wrath, anger, brawling, slander and malice. (Read through the expanded definitions in the Message Notes.) What do you notice that is common to all of them? How have you experienced this in your life?
- Pastor Tom walked us through 4 ways in which anger affects us (see Message Notes); which of these is the most common in your life? How have you seen anger affect you and those around you?
- Have someone in your group summarize the story in Matthew 18:21-34 for the group. How do you feel about the servant who was forgiven? The "angry king?"
- God's good plan for us to deal with our anger...is forgiveness. Read Matthew 18:35 & Ephesians 4:32. What do these tell us about any other plan for handling anger?
- Read Ephesians 4:22-23. What situation or person is God asking you to take a step towards? What next step do you need to take to be more like your Heavenly Father in this area of anger and unforgiveness?

PERSONAL GUIDE

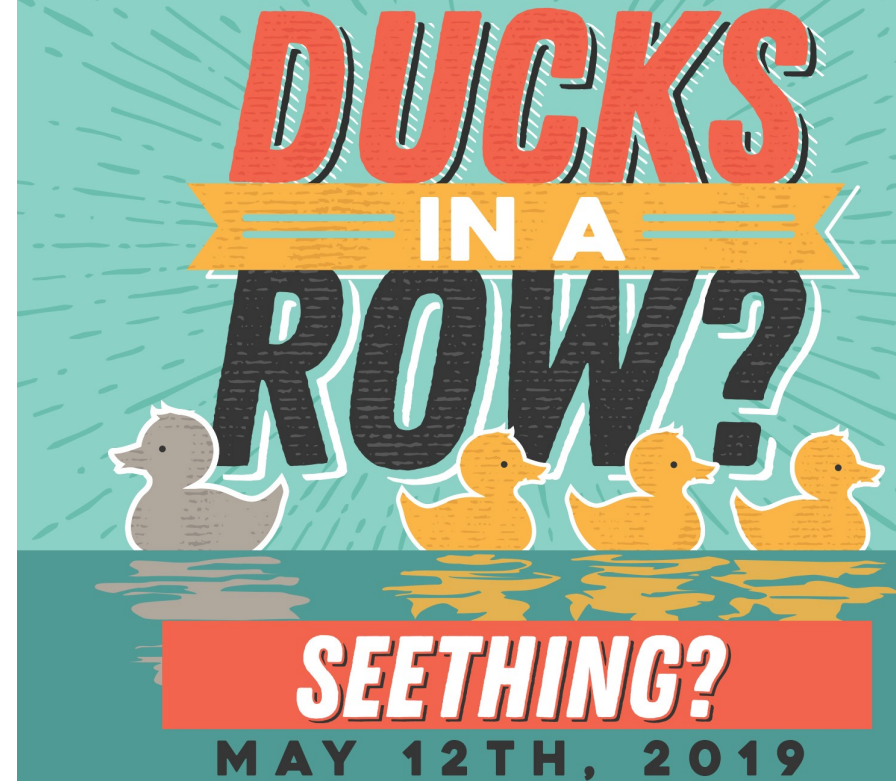
Day 1: Read Psalm 71

Day 2: Read Psalm 72

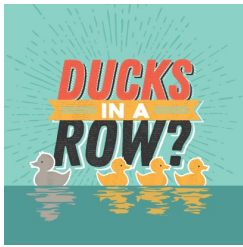
Day 3: Read Psalm 73

Day 4: Read Psalm 74

Day 5: Read Psalm 75



**MESSAGE NOTES & SMALL GROUP
DISCUSSION || PERSONAL GUIDES**



“Seething?”

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Note Proverbs 6:16-17c and Matthew 5:21-22a

There’s a clear connection between anger and _____.

Unlike pride and lying, anger isn’t always _____ (note Ephesians 4:26a; Psalm 7:11b; Mark 3:5a).

The anger God detests is when it _____ us and harmfully impacts our relationships with others.

This type of anger is sparked by hurts (physical or emotional), fear, frustration, and _____ (real or perceived).

1. When Does Anger Become _____ ? (note Ephesians 4:31)

- A. *Bitterness* (note Hebrews 12:15 = root of bitterness) = unwillingness to _____.
- B. *Rage or wrath* (“hot _____”)
- C. *Anger* (“f_____ up”)
- D. *Brawling* (“shouting or _____”)
- E. *Slander* (“I want to hurt you with my _____.”)
- F. *Malice* (“I just want to _____ you.”)

Anger becomes sin when an _____ spirit takes root. (Carty)

_____% of all Jesus followers have struggles forgiving someone (April 2019 Barna survey).

2. How Does Anger _____ Us?

- A. E_____ it
- B. Suppress it
- C. R_____ it
- D. Spiritual _____ (note Ephesians 4:26-27) - foothold = a window of opportunity that allows the devil to exert his _____ influence in our lives (note John 8:44).

3. God’s Answer to Our Cultural _____

- A. C_____ it (note Numbers 16)
- B. Practice _____ (note Matthew 18:21-35) - not because other people _____ it, but because of Christ’s forgiveness (note Ephesians 4:32).

So are my ducks in a row?:

- If we’re angry at someone who has hurt/failed us/let us down, or angry at _____
- ...or angry at ourselves for past mistakes, words we wish we had never said, for a failure, then God has good news...
- Confess...practice forgiveness.
- Let’s commit ourselves to not participate in the cultural tantrum around us and find the freedom that comes from a c_____ m_____ (note Ephesians 4:22-24).

Tell someone about the next step you took today in your spiritual journey. You can also use the Connect Card to let us know about your commitment, too!



“Seething?”
[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Note Proverbs 6:16-17c and Matthew 5:21-22a

There's a clear connection between anger and violence...

Unlike pride and lying, anger isn't always sinful (note Ephesians 4:26a; Psalm 7:11b; Mark 3:5a).

The anger God detests is when it controls us and harmfully impacts our relationships with others.

This type of anger is sparked by hurts (physical or emotional), fear, frustration, and injustice (real or perceived).

1. When Does Anger Become Sin? (note Ephesians 4:31)

- A. *Bitterness* (note Hebrews 12:15 = *root of bitterness*) = unwillingness to forgive.
- B. *Rage or wrath* (“hot coals”)
- C. *Anger* (“flaring up”)
- D. *Brawling* (“shouting or yelling”)
- E. *Slander* (“I want to hurt you with my words.”)
- F. *Malice* (“I just want to hurt you.”)

Anger becomes sin when an unforgiving spirit takes root. (Carty)

25% of all Jesus followers have struggles forgiving someone (April 2019 Barna survey).

2. How Does Anger Affect Us?

- A. Express it
- B. Suppress it
- C. Repress it
- D. Spiritual assault (note Ephesians 4:26-27) – *foothold* = a window of opportunity that allows the devil to exert his unjust influence in our lives (note John 8:44).

3. God's Answer to Our Cultural Tantrum

- A. Confess it (note Numbers 16)
- B. Practice forgiveness (note Matthew 18:21-35) – not because other people deserve it, but because of Christ's forgiveness (note Ephesians 4:32).

So are my ducks in a row?:

- If we're angry at someone who has hurt/failed us/let us down, or angry at God...
- ...or angry at ourselves for past mistakes, words we wish we had never said, for a failure, then God has good news...
- Confess...practice forgiveness.
- Let's commit ourselves to not participate in the cultural tantrum around us and find the freedom that comes from a changed mind (note Ephesians 4:22-24).

Tell someone about the next step you took today in your spiritual journey. You can also use the Connect Card to let us know about your commitment, too!