



FIRST BAPTIST CHURCH  
R O C H E S T E R

**Sermon Discussion Guide**  
**October 20, 2024**

**Refresh**

Read Ephesians 4:25-27 to get the Scripture passage back in your mind.

**Discuss**

Why might verses 26 and 31 of Ephesians 4 seem contradictory regarding anger? How do these two verses help us better understand the complexity of anger?

What are some examples of God being angry throughout the Bible? How do these examples help shape our understanding of anger? How does God's character inform us of the study of anger?

What "negative qualifiers" does Paul list following his command to "be angry" in verse 26? Why are these qualifiers vitally important to consider when we are angry?

What is the relationship between anger and love? How can love actually lead us to a "righteous anger"?

How can someone discern the difference between "righteous anger" and "unrighteous anger"? What are some of the symptoms of "unrighteous anger" that we should look for in our lives?

How can we safeguard our hearts against the temptation to be unrighteously angry? How have you personally seen growth in your own life as it relates to this