



Life Is Complicated. We Can Help.

Anger

#nplifeiscomplicated

Week 6

October 18, 2020

Bottom Line: Human anger does not accomplish God's righteousness.

Icebreaker: What's your go-to reaction when you are angry? Yell, simmer, withdraw, leave, get moody...something else? Growing up, what role did anger play in your home and what was the signal when a parent was about to blow?

Key Verse: *Be angry and do not sin; do not let the sun go down on your anger...* Ephesians 4:26 ESV

We all know what it is to be angry, though we often want to call it something else. Anger mishandled is destructive. If we express it wrongly, it damages relationships. But if we repress it, it will eventually come out when something ignites it, and it will be destructive. If we are wise, we will learn how to handle our anger and then help others handle theirs as well.

We can manage this powerful emotion if we **RECOGNIZE THE COST**. Anger always has a price tag: arguments, mistakes, foolish actions, damaged and even destroyed relationships. **DEAL WITH IT**. Ask yourself, "Can I change this situation?" If you can, change it. If not, release it. You release it by listing all the sources of your anger, and then go to God in humble prayer, specifically giving each situation to him. **PRESS PAUSE**. Think before you speak. Be honest with yourself about what the problem is. Own your slice of the pie. The quality of your inner response determines your outer response. Give yourself time to think and get your mind right. **SETTLE YOUR IDENTITY**. You are loved, valued, significant, and accepted. No one can keep you from what God desires for you.

It is an essential step forward to consider your relationship with anger. Does it get in control of your mouth and your mood? These are destructive and/or paralyzing. I need to accept that it is okay not to get everything I want or deserve. Actually, it's better if that's what it takes to keep anger from controlling me. Jesus will always lead us away from self-centeredness and arrogance to other-centeredness and humility. That will allow your life to get bigger and better, and you will be free to live a life where anger doesn't control you. When anger feels justified and so big to you, you need to remember that you belong to a much bigger picture. You belong to a God who is in control, and He is for you. He is working in you and through you to complete a work He began in you long ago. This current problem is much smaller than you think.

THINK IT OVER >>>

What impacted you most from the message?

What's the word you use to explain your anger? Frustrated? Passion? Aggravated? Something else?

Can you remember a poor choice you made when you were angry? What could have helped you respond differently?

How have you grown in your ability to handle your anger without sinning?

Are you a stuffer or an expresser? What are the problems your way of handling anger causes?

Responding in uncontrolled anger feels like it works in the short term, but in the long term it kills. Discuss how it appears to work, and how it kills.

The consequences of mishandled anger usually show up when it's too late. Reflect/Discuss.

LOOK IT OVER <<<

When I choose to get angry, it IS a choice. I can't blame anyone else. Choose in advance to manage it, not let it manage you. How can you do this?

Proverbs 29:11 says, "*Sensible people are patient and hold their anger back.*" What makes patience in the heat of anger hard for you? How about "owning your piece of the anger pie"?

Delay is a tremendous remedy for anger, but you do need to deal with the issue. Anger delayed indefinitely becomes bitterness. Anger isn't always a sin, bitterness is. Reflect/Discuss.

No one can ruin your life but you. Settling your identity will empower you. You will know that you are not in control, but you belong to someone who is, and He is for you.

A deep peace comes from handling anger God's way, realizing that He is in control and wants me to have an incredible life. Have you experienced this? Share.

NEXT STEPS

1. Evaluate your relationship with anger.
2. If you are not managing it well, decide that you are ready to put it to an end.
3. Take the steps suggested.
4. Make a conscious decision to handle anger and forgiveness in advance each day.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Human anger does not accomplish God's righteousness.

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| Rate yourself from 1 to 10 1 (never), 10 (always) | 1 | 2 | 3 | 4 | | 6 | 7 | 8 | 9 | 10 |
| Why did you give yourself this rating? | | | | | | | | | | |
| What benefits will you obtain by raising your rating? | | | | | | | | | | |
| Do you know someone who demonstrates this bottom line well? What do you admire about that person? | | | | | | | | | | |
| What specific action can you put into practice to raise your rating? | | | | | | | | | | |
| At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week? | | | | | | | | | | |

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Ephesians 4:26-27

Tuesday: Ephesians 4:29-32

Wednesday: James 4:1-2

Thursday: Proverbs 22:24-25

Friday: Romans 12:19

Don't let the conversation stop here. Keep talking it over with others throughout the week.

(Don't forget to bring this paper to your next small group meeting)