



TALK IT OVER

Not Easily Angered

BOTTOM LINE

An angry, irritable disposition does more to damage personal relationships than any event, circumstance, or problem.

CONVERSATION STARTER

Describe one of your “pet peeves.” Or what’s the most unpleasant job you have ever had to do?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- Andy Stanley speaks on [Anger](#).

KEY VERSES AND QUOTES

Love is not rude. It does not insist on its own way; it is not irritable or resentful ... 1 Corinthians 13:5 ESV

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. Matthew 6:32-33 NLT

... you are complete in Him. Colossians 2:10 NKJV

Accept one another, then, just as Christ accepted you, in order to bring praise to God. Romans 15:7 NIV

Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal. Proverbs 12:18 GNT

“How much more grievous is the consequence of anger than the cause of it.”
– Marcus Aurelius

Nothing will cause a relationship to struggle and suffer more than when a person is irritable or angry.

A composed person is not free from anger but lives in a way that it does not control him/her.

TALK IT OVER

What evidence do you see that we live in an angry culture? What are the most frequent causes of anger in your life? Are you more prone to hidden anger or outbursts? How does having expectations for others fuel anger? How does a poor self-image fuel anger? Jesus’ relationship with His Father, knowing that He was loved and accepted, gave Him the ability to be calm in hostile situations. Where does your relationship need adjusted? Most of us pick up patterns of dealing with anger in our growing-up relationships. Do you see any similarities for you? What are your family’s strengths and weaknesses in dealing with anger? Which of the steps to living a life of composure needs the most attention from you?

ACTION STEPS (This or one of your own)

I recognize that lack of godly composure in handling anger and irritation destroys my relationships. I will take responsibility to develop the mindset of Christ.

My Action Step: _____