



# THE ANGER EPIDEMIC

## Why Am I Angry?

#npangerepidemic

Week 1

1 of 2

April 2, 2017

**Bottom Line:** Anger has a price tag. When you realize that truth, you're more likely to control your anger.

**Icebreaker:** The leader passes around a bowl of coins. Each person takes a coin from the bowl, and tells where they were, what they were doing, and how old they were when that coin was minted.

**Key Verse:** *And don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.* Ephesians 4:26-27

The Bible passage we studied this week has four main points:

**Anger is not a sin.** Anger is just another emotion created by God, and sometimes we need it. What if there was no anger against drunk driving and drug abuse? The anger that MADD has drives for a solution. Our anger can be used positively. Anger generally has legitimate roots.

**Not controlling our anger is the problem.** When anger controls us, when it drives our speech and behavior, it is a sin. We are to control our anger, not let it control us. It is destructive to our soul when we don't.

**Anger needs a short life span.** The familiar advice given to newlyweds is, "Never go to bed mad." This is the origin of that proverb. When we do not quickly deal with our anger, the seeds go down deep and grow bitterness and broken relationships. It's more than just overnight. Andy Stanley explains this by saying, "Don't let a season of life end without dealing with the hurts and issues of that season." Wise advice. That is one reason why groups like DivorceCare and GriefShare are so highly valued and important for recovery. Until all of the painful issues of the season of loss and grief are thoroughly dealt with and anger put away, we are in no condition to move forward.

**Unresolved anger is a wideopen door for sin.** Anger that stays in our heart give rise to thoughts of "I deserve this," "I will pay her back," "Why did God let this happen?" and far more. They all lead to either anger at God or His people. And when you get mad at God, you eventually are angry with His people. You can't stay angry at His people long without transferring those feelings to God.

Anger is a really big deal. But you and God can handle it productively.

### THINK IT OVER >>>

Thinking back on the message, what did Dwight share that most spoke to you?

People handle anger in different ways—there are stuffers, exploders, smolderers. There are verbal responses and physical and emotional responses. Some of us act out and some withdraw/isolate. Which of these are you? What bothers you most in other people?

Is it easier for you to have irresponsible, sinful anger toward people close to you, or people you don't know? Why do you think?

Can you think of any personal examples in your life or others around you where uncontrolled, unresolved anger led to sin? What happened? How could it have been different?

### LOOK IT OVER <<<

"In your anger" . . . Paul just assumes we will get angry. He is writing to believers. Do you recall the last time you were angry? What was that like? How well did you manage it?

Many times when people lose their cool they use the story of Jesus overturning the money tables in the Temple (Matthew 21) as an excuse or explanation for why anger is okay. What do you think about that? How does Jesus' anger compare to ours? What would be the standards for anger Jesus-style?

Would the people who know you best consider you to manage your anger well, not so well, or badly?

Where do you think you need the most improvement? How can you seek the Lord's help?

## NEXT STEPS

This week, consider taking some next steps together as a group:

- 1) When you enter potentially explosive situations, remind yourself that your anger will not produce what God desires. Slow down.
- 2) Pray that you would listen more, be slow to speak, and keep a leash on your anger – talk to God about it first before you talk to anyone else.

## EVALUATION/ACTION Realizing and reaching your full potential in Christ

**Bottom Line: Anger has a price tag. When you realize that truth, you're more likely to control your anger.**

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](http://newpointe.org/daily):

Day 1: James 1:19-20  
Day 2: Proverbs 29:11  
Day 3: Proverbs 15:18  
Day 4: Colossians 3:8  
Day 5: Proverbs 19:11

***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)