



# THE ANGER EPIDEMIC

## *How to Handle Anger*

#npanger

Week 2

2 of 2

April 9, 2017

**Bottom Line:** Anger and insecurity go together. You need to know WHO you are and WHOSE you are.

**Icebreaker:** Everyone writes anonymously on an index card one question they would be a little embarrassed to answer in front of the whole church (ex. who was your first crush? What superhero would you like to be? What kid's toy do you still play with?) and then puts them in a bowl. Each person answers the question they draw.

**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

"When anger is expressed improperly, it not only fails to achieve its goal; it hinders us from connecting effectively with others." Everyone of us can give several testimonies to the truth of that fact from our own lives. Dwayne is one of those. He's been a Christian for about two years, and he's growing in many ways. But his anger sabotages him. He has angry outbursts and says, "I just can't seem to help it. I pray and pray, but people still really irritate me."

It may express itself in other ways, but most Christians find themselves at some point with Dwayne. Prayer alone won't do it. The only hope is to work with God to retrain our minds. We get it backward. We focus on our feelings. If your feelings drive you, you will end up in a spiritual, emotional, and relational ditch. When we work with the Holy Spirit, God will help us get our thinking right first, and then our behavior will match our thoughts, and eventually our feelings will be as we want them to be. God's plan is to "transform you into a new person by changing the way you think" (Romans 12:2).

A person who can manage his emotions well is a person who can be trusted with almost anything else. God wants to be able to trust you with much privilege, responsibility, and blessing. To do that, He has to have your full cooperation in retraining your mind and helping you respond as He would, instead of reacting according to natural inclination.

### THINK IT OVER >>>

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

Do you agree with the statement from Job that "You are only hurting yourself with your anger?" (Job 18: This is Bildad, not God speaking). Why or why not?

What evidences do you see that anger truly is contagious? You can catch it from other people.

What are the hidden costs of anger you have experienced?

What are some appropriate ways to release anger? Are there any that are really helpful to you?

When you let anger get the best of you, it brings out the worst in you. How do you see that to be true?

### LOOK IT OVER <<<

Romans 12:2 says, "Don't copy the customs and behaviors of the world . . ." In regard to anger, what are the customs and behaviors of the world?

Proverbs 19:11 urges us to be patient with each other, and reminds us that "It is to one's glory to overlook an offense." How can we do that and still maintain appropriate boundaries?

David prayed, "Create in me a clean heart, O God, and renew a right spirit within me." In this process, what part is God's responsibility, and what part is mine?

C.S. Lewis said, "Anger is the first fluid love leaks when it is cut." It is true that where we love deeply, anger can flash quickly. How do you deal with anger in love relationships, God-style?

## NEXT STEPS

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

- 1) Pray for the relationships you know, perhaps your own, that are being hindered by anger.
- 2) Share who is coming with you on Easter, and pray for them.

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

**Bottom Line:** Anger and insecurity go together. You need to know WHO you are and WHOSE you are.

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: Colossians 2:10

Day 2: Ephesians 4:26-27

Day 3: Proverbs 29:25

Day 4: Philippians 4:6-9

Day 5: Proverbs 15:2

***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)