



Anger

June 7-13, 2026

The American Psychological Association says, “The underlying message of highly angry people is that things should go my way.”

Do you agree or disagree with this quote? Why?

When is the last time you can remember something not going your way?

How did you feel? How did you respond? How do you wish you had responded?

We all have times when we respond to our circumstances with inappropriate anger. Today we will learn from God’s Word how we can weed out the wrath in our life. As we do, we make more room for God to use us as examples of His grace.

READ [EPHESIANS 4:26](#).

How can you be angry without sinning?

What does that tell you about how anger works?

What happens if we let the sun go down on our wrath?

Why do we need to be rash when it comes to dealing with our wrath?

What does that look like in your life?

We can be angry when something goes against God’s design. Jesus cursed a fig tree when it did not produce fruit and turned over tables in the temple when people were using God’s house for their gain. We need to know the difference between righteous anger and unrighteous anger. If we let our wrath go untreated it can grow out of control.

READ [EPHESIANS 4:31](#).

How do you go about getting rid of wrath, malice, rage, and bitterness?

Paul told the Ephesians to “get rid of” or “put away” bitterness, rage, and malice. Paul did not want them to just stop these things, he wanted them to get rid of them permanently. We get rid of bitterness, malice, and wrath when we live by the Spirit and focus on God’s grace.

DEEPER DIVE

What form does wrath most frequently take in your life?

Is there anyone in your life who you need to forgive right now?

What is keeping you from forgiving them?

What can you do this week to help you focus on the grace God has given you?

PRAYER

Close your time in prayer by asking God to help your group to deal with the wrath in their lives. Pray for a rash spirit toward wrath that looks to get rid of it immediately. Thank God for His forgiveness, and ask Him to help you to show forgiveness and grace instead of rage and wrath.