

Small Group Guide: Dealing with Anger

Opening Question: What's something that tends to make you angry in daily life? How do you typically respond?

Key Takeaways:

1. Anger often stems from unresolved bitterness, hurts, and frustrations.
2. What's in your heart will eventually come out in your words and actions.
3. There are two unhealthy ways of handling anger: spewing (giving full vent) and stewing (suppressing).
4. True change comes from heart transformation, not just behavior modification.

Discussion Questions:

1. Pastor Dan mentioned that anger is often a result of unaddressed pain, hurt, and frustration. Can you think of a time when your anger was actually rooted in something deeper?
2. The sermon highlighted two wrong ways of handling anger: spewing and stewing. Which of these do you tend towards? What are the consequences you've seen from this approach?
3. Discuss the statement: "If your heart isn't in good shape, it's going to be almost impossible to maintain healthy relationships with anybody." How have you seen this play out in your own life or the lives of others?
4. Pastor Dan emphasized the importance of filling our hearts with God's Word. What practical steps can we take to make this a consistent part of our lives?

Bible Study Questions:

1. Read **Ephesians 4:26-27**: In discussing anger, the sermon referenced the Apostle Paul's instructions on anger, where he says, "In your anger, do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold." **How do you typically handle anger? What practical steps can you take to ensure that unresolved anger doesn't give the devil a foothold in your life?**
2. Read **Proverbs 29:11** and **Proverbs 14:17**: Pastor Dan talked about different ways people handle anger—either by "spewing" or "stewing." **How do Proverbs 29:11 ("A fool gives full vent to his anger, but a wise man keeps himself under control.") and Proverbs 14:17 ("A quick-tempered man does foolish things.") encourage self-control in our responses to anger?**
3. Read **Matthew 15:17-19**: In the sermon, Pastor Dan highlighted how what comes out of a person's mouth is what makes him unclean because it comes from the heart.
 - a. **How does Jesus' teaching about what comes out of a person's mouth reflecting what's in their heart challenge your perspective on anger?**
 - b. **How do you think the condition of your heart is reflected in your words and actions?**
 - c. **What steps can we take to ensure our hearts are aligned with God's Word?**

4. Read **Psalm 119:9-11**: Focusing on filling your heart with God's Word, Pastor Dan encouraged the intake of Scripture. **What methods have you found effective in keeping God's Word in your heart? How does memorizing scripture help you in times of temptation or anger?**
5. Read **Philippians 4:8**: Reflecting on Paul's exhortation in Philippians 4:8 to think about whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy, **how does focusing on such things change your perspective and reaction to difficult circumstances?**

Practical Applications:

1. **Heart Check:** Take time this week to reflect on any unresolved hurts or frustrations that might be fueling anger in your life. Bring these to God in prayer.
2. **Scripture Intake:** Choose a method to increase your intake of God's Word this week (e.g., using a Bible app, following a reading plan, or memorizing a verse).
3. **Thought Life Audit:** Pay attention to your thought patterns this week. Are they aligning with Philippians 4:8 (whatever is true, noble, right, pure, etc.)? If not, make a conscious effort to replace negative thoughts with thoughts directed toward the things from Philippians 4:8.
4. **Worship Focus:** Set aside time for intentional worship (both personal and corporate), whether through music, prayer, or meditation on God's character and what He's done for you.
5. **Anger Response Plan:** Develop a personal plan for how you'll respond the next time you feel angry. This might include taking a deep breath, saying a quick prayer, or excusing yourself from the situation temporarily.

Closing Prayer: Lord, thank you for your patience with us as we struggle with anger. Help us to address the root issues in our hearts and fill us with your Word and your Spirit. Transform us from the inside out, so that what comes out of us reflects your love and grace. In Jesus' name, Amen.