

Week 7

Anger

1. Which best describes your own temper: Spewer? Stewer? Short fuse, big bomb? Long fuse, little bomb? Other?
2. Read Proverbs 16: 32; Proverbs 29: 11, 22; Ephesians 4: 26-27, 31-32; James 1: 19-20. Why are there so many warnings against anger? What are the dangers of anger?
3. And yet, God is described as being angry. Read Exodus 15: 6-8, Numbers 32: 6-13, Psalm 30:5, Psalm 78:38, Psalm 103: 8-10, Mark 3: 1-6, Mark 11: 15-18. How is God's anger different from your anger?
4. Author Fred Buechner says this about anger: "Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontation still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back – in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you." (*Wishful Thinking*, p. 2) Relate the quote to what we learned in the message, that "Anger is a powerful reaction. We get angry because something is wrong and anger demands that we act."
5. We also learned in the message that anger has a purpose - to motivate us to act in love for justice. Describe a time when you have seen or experienced this. What was the outcome?
6. It seems that there are several things we need to learn how to do: to recognize when anger is the appropriate reaction and then act on it, to deal with inappropriate anger in our lives. Which area do you need to work on? What have you learned from the message and verses that you plan to apply?
7. Author Dan Allender writes, "I will not live with purpose and joy unless I love. I will not be able to love unless I forgive and I will not be able to forgive unless my hatred is continually melted by the searing truth and grace of the gospel of Jesus Christ." Note how this is really a progression. Where are you in this process?