

SMALL GROUPS

LIFE IS BETTER TOGETHER

“What Do I Do When I Feel Angry”

ICEBREAKER |

What is your favorite board game of all time?

INTRODUCTION |

Today we are going to create a game plan to help us when we find ourselves in a situation where we are angry. All of us get angry at one time or another so it's not a matter of what we are going to do IF we get angry, but WHEN we get angry. The scriptures say that anger is not a sin, but it's what we do with our anger that's the problem. Having a game plan can help us *“Be angry and not sin” (Ephesians 4:26)*.

READ |

All of us get angry at some time. Maybe you're the type who easily loses their temper. Others find it difficult to get mad at even the biggest problems. But did you know that God gets angry? He does! Read the following two verses and then answer the question together:

The LORD is compassionate and merciful, slow to get angry and filled with unfailing love.

Psalms 103:8 (NLT)

Human anger does not produce the righteousness God desires.

James 1:20 (NLT)

What do you think is the main difference between “human” anger and “righteous” anger? Could you give an example of each?

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Anger is something we all have to deal with. How we deal with it is important. Look at the following verse:

Be not quick in your spirit to become angry, for anger lodges in the heart of fools.

Ecclesiastes 7:9 (ESV)

It is foolish to let anger lodge in our hearts. Picture a cozy ski lodge. Anger can find a home, get comfortable, stay for a while. In other words – it gets stuck. And when anger gets stuck in our heart, we get stuck spiritually.

What are some minor things you’ve gotten angry about in the past that you found hard to let go?

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Our game plan has to begin with identifying the triggers and harmful reactions to anger. Read what Paul had to say about the different ways anger can boil over in a bad way:

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

Ephesians 4:31 (NLT)

Bitterness – holding a grudge against someone or about something.

Rage – getting overly loud and taking it out on others.

Harsh Words – lashing out verbally against someone for something they did or did not do.

Slander – talking behind someone’s back about why you are angry.

What are some ways that these wrong responses can tear down others and hurt ourselves? (Example, slander can destroy a friendship or rage can make someone feel unsafe)

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Controlling our anger should be the outcome of any game plan. We could never reduce our anger to zero, and we don’t need to. But getting a handle on our anger before it hands us a defeat is key.

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Proverbs 16:32 (ESV)

What are some practical ways you’ve found work to defuse your anger before it becomes a problem? (Example, counting to ten or talking to a trusted friend)

WHAT WILL YOU DO?

This week, you will likely find yourself in a situation that makes you angry. Instead of pushing that feeling down...

- Find a way to push it out through POSITIVE instead of negative ACTIONS.
- Let the Holy Spirit guide you into all TRUTH.
- Allow His PEACE to reign in your heart.

S.O.A.P.

Day 1: *Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.*

Proverbs 14:29 (ESV)

Day 2: *A gentle answer turns away wrath, but a harsh word stirs up anger.*

Proverbs 15:1 (NIV)

Day 3: *“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 (NLT)

Day 4: *But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language.*

Colossians 3:8 (NLT)

Day 5: *“But I promise you if you are angry with someone, you will have to stand trial. If you call someone a fool, you will be taken to court. And if you say that someone is worthless, you will be in danger of the fires of hell.”*

Matthew 5:22 (CEV)