



# WHEN I'M FEELING

A NEW HOPE WINDWARD SERIES

## TIPS TO A SUCCESSFUL GROUP

- **MAKE GROUP A PRIORITY.** Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly especially if it is an in person small group gathering.

## When I'm feeling MAD!

### ICEBREAKER

Do you consider yourself a good gardener? Do you have a “green” thumb or a “black” thumb?

### INTRODUCTION

Just like your garden, your heart and your soul will grow depending on how you feed it. When we encounter difficult emotions, we need to stop and ask ourselves, “What am I feeding my heart?” When you are feeling frustrated, are you feeding yourself reasons to stay angry? Or are you tending the soil of your heart with God's help? In this lesson, we will learn what to do with our anger when we feel frustrated.

## READ |

“What do I do when I’m feeling frustrated?” This is such a great question because we all seem to ask it at some point in our lives. Anger is one of the most complicated emotions, hard to define, and even harder to manage.

Aristotle once wrote, “*Anyone can become angry: that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, in the right way...this is not easy.*”

Doesn’t it seem like nobody takes that advice anymore? In the past two years I’m guessing we’ve all seen someone going off on social media, in a store, on the freeway, at a restaurant or at home. Why is it so hard to get a handle on our anger? Read this verse for a clue:

*Be angry, yet do not sin. Do not let the sun set upon your anger, and do not give the devil a foothold.*  
*Ephesians 4:26-27 (BSB)*

It's not a sin to get angry but sometimes our righteous anger gets mismanaged and we sin by allowing our anger to control us. Paul says we need to manage our anger quickly. Don't let the sun go down on your anger as it will give the devil a foothold. The word foothold means place. If we hold onto anger too long, it can allow the devil a place in our hearts and minds to cause us to remain angry too long and become bitter. We must dispose of our anger as quickly as possible so we don't give any place to the devil.

**Think of a time when you got so frustrated you lost control. Did you feel better afterwards? Did it make the situation better? What is something you could have done – in the moment or even right before it – that would allow you to keep your cool and dispose of your anger?**

## **READ I**

All of us have some sort of way that we deal with frustration. When we feel angry, we react. Let's take a look at four basic ways that we respond to anger.

### **THE TRASH COMPACTOR**

Denying your anger is not dealing with it. At best, it's just delaying the emotion. The rest of Ephesians 4:26 says, "*Don't let the sun go down on your anger.*" In other words, the best time to deal with frustration is when it crops up. If you don't, your heart will become a breeding ground for bitterness.

### **THE VOLCANO**

On the flip side, some think of dealing with frustration right away. They blow up like a volcano, spewing in anger with often hurtful words.

*Don't be too quick to get angry because anger lives in the fool's heart.  
Ecclesiastes 7:9 (CEB)*

A quick temper leads to foolish actions and reflect a tarnished heart.

### **THE PROSECUTING ATTORNEY**

Do you ever feel justified in being angry? Though our anger may be a righteous anger, if we handle it like an attorney building a case and going to trial, this rarely helps resolve the issues. Do you like people treating you like a hardcore prosecuting attorney in an argument? Proverbs 20:3 warns us to stay out of fights and quarrels. It's good to try to resolve conflicts but fights and quarrels rarely resolve conflicts.

### **THE STEALTH BOMBER**

Being "passive aggressive" may feel right because, after all, we aren't really starting a fight. But when we move from passive into aggressive, it often makes matters worse. Hebrews 12:15 warns against allowing a root of bitterness to grow. By holding onto that frustration – and feeding it – we only hurt ourselves.

**Which one of these best describes you at your worst when you get frustrated? Is there one that seems worse than the others?**

## READ |

Anger is a complex emotion. Psychologists call it “the second emotion.” Sometimes we resort to anger because we feel hungry, or stressed, or lonely, or tired, or sad. We’re not sure what to do with certain emotions, so we resort to our back up emotion of anger. But God has given us a blueprint on how to deal with our anger. Read the following passage from James.

*Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.*  
*James 1:19-20 (NLT)*

### 1. REFLECT BEFORE YOU REACT

Anger is often our first response. Rather than taking the time to think over why we are angry, we just let it out. We're not “*slow to get angry,*” but instead we are quick tempered.

**In the moment, it’s very easy to react in anger. So we must lay the groundwork beforehand. What are some practices we can implement to make sure you reflect before you react, the next time you get angry? (Examples, ask yourself, "Why am I really angry?" Am I hurt, lonely, stressed, grieving, tired, or hungry?)**

### 2. REMEMBER THE CONSEQUENCES

What happens when we get angry in hurtful and unproductive ways? It can negatively affect our health, damage relationships, or even cost us opportunities. It's important to remember the consequences of mismanaged anger.

**What would it look like if you flew off the handle all the time? Now, think about how it would look if you were quick to listen, slow to speak, and slow to get angry every time. What are some of the major differences in those results? What's one thing you can do the next time you're angry so you "Remember the Consequences?"**

### **3. RESTRAIN YOUR REMARKS**

Proverbs 21:23 tells us that if we want to stay out of trouble, we should be careful what we say. More than anything else, our words can have the most devastating and damaging effects. That's because a harsh word can last a long time. It can stick to the other person. But a wise word at just the right time can be amazing for both of you!

**If anger is the "second emotion," then that means there is a primary emotion hiding behind it. Think about the last time you got really angry. Can you identify the underlying emotion that was hiding? Did anger help you or hinder you?**

**What are some practical ways you can "Restrain Your Remarks" the next time you get angry? (Ex. Bite your tongue, don't reply to a text/email/post when angry, step out and cool off, pray, get into God's word.)**

### **WHAT WILL YOU DO?**

This week, chances are you will have an opportunity to be frustrated. Someone will cut you off in traffic, a friend will let you down, or a checker will put your milk on top of your bread even! What will you do?

- Slow down and ask the Holy Spirit to help you.
- Move forward only when you are ready.

### **ADDITIONAL ACTION STEPS:**

Each week, we encourage you to study God's word. We have provided SCRIPTURES for S.O.A.P. to help you get into the habit of spending time with God daily.

### **CLOSE IN PRAYER:**

Dear heavenly Father, You are the One who gave us our emotions. Sometimes we know just how to handle them, but often we're left wondering what to do. When I am feeling frustrated, please help me handle it the right way, the way that honors You above all else and leads to peace instead of chaos. In Jesus' name we pray, amen.



## Find Time to READ God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S** - Scripture
- O** - Observation
- A** - Application
- P** - Prayer

### Here's an example:

**S:** *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*  
--Matthew 4:4 (NIV)

**O:** Jesus said that we can't live on food alone. Our life is sustained through His Word.

**A:** Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

**P:** Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

## SCRIPTURES FOR S.O.A.P.

### **Day 1:**

***Refrain from anger and turn from wrath; do not fret—it leads only to evil.***

***--Psalm 37:8 (NIV)***

### **Day 2:**

***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 3:**

***Don't be a fool and quickly lose your temper – be sensible and patient.***

***--Proverbs 29:11 (CEV)***

### **Day 4:**

***But now you must get rid of all these things: anger, passion, and hateful feelings. No insults or obscene talk must ever come from your lips.***

***--Colossians 3:8 (GNT)***

### **Day 5:**

***If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back.***

***--Matthew 18:15 (NLT)***