NEW HOPE WINDWARD

STRESS LESS

2. ANGER

ICEBREAKER

To start off your small group, briefly share your response to the following question:

How often do you experience anger while driving? Circle ONE and share with your group.

1	2	3	4	5
Never		**Sometimes**		**Every Time I Drive**

WHAT TO EXPECT

Let's get a big picture of what we'll be learning today…

We've all been overcome with feelings of anger at one time or another. In this session, we'll look to the Word of God as we learn how to properly manage our anger and the stress that comes with it!

At this time, please **prepare** for the DVD teaching of this small group session. Take out a pen or pencil to write down notes on the next page. Press **PLAY** on your **DVD**.

VIDEO NOTES

Key Scripture: *"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."* (James 1:19-20)

1. REMEMBER THE _____

"The Lord is merciful and gracious; He is slow to get angry and full of unfailing love." (Psalm 103:8)

"An angry person stirs up conflict, and a hot-tempered person commits many sins."
(Proverbs 29:22)

"The fool who provokes his family to anger and resentment will have nothing worthwhile left." (Proverbs 11:29)

2. REFLECT BEFORE YOU _____

"Stupid people express their anger openly, but sensible people are patient and hold it back."
(Proverbs 29:11)

3. _____ YOUR REMARKS

"If your brother sins against you, go and show him his fault, just between the two of you."
(Matthew 18:15)

4. _____ YOUR RAGE

"Whoever is patient has great understanding, but one who is quick-tempered displays folly." (Proverbs 14:29)

Answers: 1.) Results 2.) React 3.) Restrain 4.) Reinterpret

DISCUSSION QUESTIONS

At this time, please break into smaller groups of 2-4 for the discussion question section. Have a great discussion!

1.) *"'In your anger do not sin.' Do not let the sun go down while you are still angry."* (Ephesians 4:26)

What does the scripture in Ephesians 4:26 mean to you? How can you apply this in your life? Share with your group.

2.) Whether we're aware of it or not, mismanaged anger can cause a measurable amount of stress in our lives. In his video message, Pastor Gene Appel gave us 4 practical steps we can take when dealing with our anger. The first 3 steps were to ***remember the results***, ***reflect before we react***, and ***restrain our remarks*****.**

Of these 3 steps, which one do you struggle with the most? Why? Share with your group.

3.) *"If your brother sins against you, go and show him his fault, just between the two of you."*
(Matthew 18:15)

While we live in a world where it's a common practice to vent out our steam with a friend when we're upset with someone, Jesus teaches us in Matthew 18:15 that the correct way to deal with someone you're in conflict with is to approach that person directly and seek reconciliation just between the two of you.

Do you find this method of resolving conflict easy or hard? How do you normally react when you're upset with someone? Share with your group.

4.) The fourth step that Pastor Gene Appel shared in his video message was to ***reinterpret our rage***. Read the scripture below:

"Whoever is patient has great understanding, but one who is quick-tempered displays folly."
(Proverbs 14:29)

Have you ever had someone become angry at you for doing something, yet they never took the time to try and understand why you did it?

Have you ever become angry at someone for doing something without taking the time to hear them out first? Share with your group.

WHAT WILL YOU DO?

In this small group session, we learned that God wants us to learn how to properly manage our anger and negative emotions in order to live a life of less stress.

This week, commit to doing this in a few of the practical ways listed below:

- **Complete the devotional pages for this week**

- **Memorize James 1:19** *"Everyone should be quick to listen, slow to speak, slow to become angry."*

CLOSE IN PRAYER

Take a few minutes to close your time together with prayer and to pray for each other's prayer requests. Below is a sample prayer to read if you choose to. You can also choose to write down each other's prayer requests to remember throughout the week.

Sample Prayer:
"God, thank You for everything that we learned in today's session. You are so kind, understanding, and patient. Help us to be more like You in those areas. We know that mismanaged anger leads to unnecessary stress so help us to manage our anger the way that You've instructed us to in Your Word. We love You and we thank You for these valuable lessons. In Jesus' name, Amen."

Group Prayer Requests:

Name	**Request**
_____	_____
_____	_____
_____	_____

DAILY DEVOTIONS: DAY 1

SCRIPTURE...

"'In your anger do not sin.' Do not let the sun go down while you are still angry." (Ephesians 4:26)

OBSERVATION...

APPLICATION...

PRAYER...

DAILY DEVOTIONS: DAY 2

SCRIPTURE...

"The Lord is merciful and gracious; He is slow to get angry and full of unfailing love." (Psalm 103:8)

OBSERVATION...

APPLICATION...

PRAYER...

DAILY DEVOTIONS: DAY 3

SCRIPTURE...

"Stupid people express their anger openly, but sensible people are patient and hold it back."
(Proverbs 29:11)

OBSERVATION...

APPLICATION...

PRAYER...

DAILY DEVOTIONS: DAY 4

SCRIPTURE...

"If your brother sins against you, go and show him his fault, just between the two of you."
(Matthew 18:15)

OBSERVATION...

APPLICATION...

PRAYER...