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| DATE | April 10, 2016 |
| SPEAKER | David Smith |
| TITLE | Anger |
| SERIES | What keeps you up at night? Perhaps it's the finances, family matters, someone's health, a feeling of betrayal or a regret that haunts you. Or maybe it's a lack of purpose or direction for the future. It feels like you're facing it all alone until you realize, you are never alone! God is near, and He promises peace and rest. |

This week, Pastor David showed how anger can cause a lack of sleep due to unresolved emotions that keep us up at night.

1. As you begin your discussion of Sunday's lesson about unresolved emotions, think about what triggers your anger most often. What is that anger rooted in—hurt, frustration, fear, or something else?
2. In his sermon, Pastor David taught that unresolved emotions lead to unrest. Based on your experiences, do you agree with this idea? In addition to sleep, in what other areas of your life can unresolved emotions cause unrest?
3. Do you agree that anger can be used constructively? If so, how? Share an example of a time when anger (yours or someone else's) resulted in something constructive. Is there anything in your life that incites anger which you could use constructively?
4. Pastor David described anger as a secondary emotion, which builds as a result of other feelings we're experiencing. Think about stories in the Bible where people expressed or acted in anger (consider Genesis 4:1-10, Genesis 27:42-45, II Kings 5:11, Jonah 4:2). What was the root of anger in each case, and what were the consequences of each person's actions?
5. What are some biblical remedies for anger? Find Bible verses that describe each of these methods. Start with I Timothy 2:8, Romans 12:1-2, Philippians 4:8 & 4:11, Proverbs 15:1, or Proverbs 21:14 for ideas.
6. Based on the methods of dealing with anger in James 1:19, can being slow to speak and slow to anger actually lead to unresolved emotions? How do we reconcile this?
7. Can hurt, frustration, and fear manifest in ways other than anger (e.g. depression? In those cases, do these instructions on anger management still apply?
8. In James 1:19-21, James gives advice on how to handle anger, pointing out the existence of human anger vs. righteous anger. How would you describe the difference between these two? Do you ever find yourself hanging on to or nursing anger because it *feels* righteous to you but perhaps isn't? How can you tell the difference between the two?
9. Compare and contrast the way of handling anger quickly in Ephesians 4:26-27 with the delayed reaction described in James 1:19-21. How are we supposed to not let the sun go down on our wrath while also being slow to speak? What are some practical ways to reconcile and follow these instructions? What if we can't reconcile a situation before we go to bed (for instance, the person refuses to respect your feelings)?

Anger is a challenging emotion to deal with, especially as Christians. Even some of Jesus' apostles struggled with their anger. Spend time in prayer today with your group, asking God for patience and humility to constructively handle unresolved emotions.