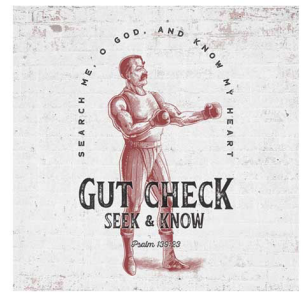


My Anger

With so much going on around us, we can't lose track of what's going on within us. A **"gut check"** is a pause to assess the state, progress, or condition of something. Let's assess the different facets of our relationship with God, and check if we've got what it takes.



INTRODUCTION

Anger is very contagious. Pastor David helps us understand our anger this week.

STARTER QUESTION

1. What do you find is the common sources of anger among your family and friends?

INTO THE WORD

2. James 1:19-21 advises us to take what three actions so that our anger won't produce unrighteousness?
3. Review James 1:27. What is "religion that is pure and undefiled?" The same scripture tells us to keep ourselves "unstained from the world." What does that mean? How can we practice this in our own lives now?
4. What does James 4:1-3 tell us about the cause of most of the anger that goes on in the world today? Regarding our own actions, how can we try to circumvent such conflicts from occurring in our own lives?

APPLICATION

5. How did your prior understanding of gentleness align with Pastor David's definition from James chapter 3? Were there any similarities? What did you learn?
6. Consider the verses Pastor David discussed in the sermon, as well as Ephesians 4:26-27. Is there a right time to be angry? Are there any passages of Scripture that show God or the apostles displaying anger? How do you differentiate between types of anger?
7. There has been a lot of anger expressed this year between COVID-19 and protests. How can people express a strong, passionate opinion while still maintaining gentleness?

PRAYER

Father God help us to love one another and be forgiving towards one another. Help us to follow the instructions that you have given us, Lord. Lead and guide us in the path you would have us to go. Please give us the strength and courage to do your will. Amen!