

Bible Summary -Ephesians 4:25-32

Dealing with anger

We live in an angry nation and it's getting worse. Anger is an emotion. In and of itself, it is neither good or bad. It's how we handle it that makes all the difference. God's anger is sinless, righteous and holy. There are 3 Greek words to describe sinful anger (explosive, simmering, and irritated or exasperated). From this passage, we learn: 1) in your anger, don't sin, 2) don't let the sun go down on your anger, and 3) do not give the devil a foothold. The steps to deal with anger from today's message: 1) identify the cause of your anger (what's the root?), 2) speak truth, and 3) forgive as Christ forgave you. What does this mean to you personally? 1) Who do I need to forgive? 2) Who do I need to ask forgiveness of? and 3) What problem or situation do I need to give to Him, trusting Him to deal with it?

Scriptures-Ephesians 4:25-32; Phil. 2:14,15; Matthew 5:16; Matthew 22:36-40; Lev. 19:18; 2 Cor. 5:17; Phil. 2:12; Exodus 22:22-24; Mark 3:1-5; John 2:13-17; Prov. 16:32; Luke 23:34; Matthew 5: 43-48; Gal. 5:20; James 3:10; I Thess. 5:19; Numbers 20:1-13, Romans 12:19, 21; Matthew 5:22, John 1:14, Eph. 6:12; I John 4:4, James 4:7; Gen. 4:6-8; Psalm 4:4; Matthew 18:22; I Peter 5:7

Bible Questions and Application

(These are here as an aid in facilitating conversation.

There is no obligation to run through **every** question listed.)

1. 79% of Americans say they are angrier than they were 1 year ago? Are you one of those?
 - a. If you're not one of the 79%, how have you stayed away from that?
 - b. If you are in the 79%, are you going to do anything different now?
2. One of our pillars as a community group is to have a mission. How can we as a group be a light in an angry community?
3. Where have you seen anger expressed in an appropriate way?
4. Can prayer diffuse anger? If so, how? (Psalm 4:4)
 - a. Have you ever chosen to pray with someone in the midst of their angry moment?