

poison control

Anger

Introduction

We're taught as kids to avoid poison, knowing a drop can be fatal. It destroys our bodies. But what about the toxic relationships, thoughts, and behaviors that slowly erode our hearts? Let's recognize and remove these hidden dangers before it's too late.

Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

Practice Truth

1. How do you typically rationalize and justify your anger?
2. Are you more of a "spewer" or a "stewer" in the way you handle your anger? Share examples.
3. What does it mean to "not give the devil a foothold" as it relates to anger? (See Ephesians 4:27)
4. What sinful anger do you need to bring before God?
5. Describe a time when your anger led you in the wrong direction. What resulted from your anger?
6. What sacred anger do you need to fan the flame of? OR Describe a time when you acted on your sacred anger? What was the result?

Leader's Tip

Don't go at it alone. Use this opportunity to lead with someone with different gifts, or to train up someone else in leadership.

Do Life Together

Are you or have you been angry with God? Describe the circumstances and unpack where that anger comes from. How did you (or didn't you) keep your self from sinning in your anger?