

**7 Ways to Ruin Your Child Small Group Questions
#7- Be Angry**

Anger is an emotion that the majority of us struggle with. Joel talked about four different manifestations of anger in our lives.

1. The first manifestation talked about was sudden anger
-Temper, Rage, Fury, etc.

Would anyone want to admit this is an area that you struggle?

What triggers this type of anger in your life?

Look at this verse and discuss what it means to you.
Proverbs 19:19

2. The 2nd area talked about is anger meant for harm.
Vengeance, Revenge, Retaliation, Wrath, Threats, Social Media Bashing, Gossip, etc.

Most of the time, this anger surfaces because of what someone else has done to us. Would anyone want to admit this has been something you have struggled with? How can we effectively deal with people who have wronged us without displaying this type of anger?

Look at these verses and discuss what it means to you.
Matthew 5:21-24

3. The 3rd area talked about is anger that stays.
Bitterness, Resentment, Holding a Grudge, Jealousy, Being Offended, Cynicism, etc.

This anger also generates mostly because someone has wronged us. And many times is held on to in secret. Why do you think we hold on to these with almost a badge of honor? How has Satan tricked us into believing that our fight is against each other?

We looked at Ephesians 6:12-

How can we fight this war appropriately even when we have been wronged?

4. The final manifestation of anger is righteous anger. Joel referenced this anger in the story found in Matthew 21:12; where Jesus drove the money changers from the temple.

What are some areas in society right now that we should be angry about? How can we have righteous anger about the sin, but not allow that anger to consume us or cause that sin to have a face?

Joel stated that the first 3 manifestations of anger were all caused by unforgiveness in our hearts. Do you agree with this?

Is it possible that your temper is a result of a hidden issue in your life that is set off by a trigger that needs to be forgiven?

Is it possible that your intent to harm another is caused because you believe they are unworthy of forgiveness?

Is it possible that we hold on to anger and tuck it away because we are just unwilling to forgive?

If this truly is unforgiveness, how do we then reconcile this with the verse we looked at in Matthew 6:14-15?

What areas of your life do you need to lay down and give completely to Jesus? Are there those in your life that you just need to forgive? Are you the one that needs to be forgiven?