



KILLING *the* KILLERS

Seven - Anger

If you are angry and don't say anything, how do people know that you are angry?

Read: Proverbs 15:1, Ecclesiastes 7:9, Proverbs 29:22

Triggers are the things that cause us to get angry. What triggers you the most?

How would you describe someone who is angry in their spirit?

How do you know if anger has "lodged in your heart"?

Read: Matthew 5:21-22, Ephesians 4:31

How have you experienced anger growing from an emotion and to a damaging behavior?

How have you experienced anger that is used for the good?

Read: Psalm 7:11, Isaiah 53:10-12, Ephesians 5:1-2

Why is thinking and talking about God's anger towards sinners and sin so difficult for us?

Why is it important for us to think about?

If God can be angry, why can't we? What is the difference between God's anger and our own?

Axing Our Anger

Own it and Oust it. - Colossians 3:8

Why do we need to acknowledge our anger in order to do anything about it?

When Paul talks about filthy language here, he addresses more than cussing. He is talking about abusive speech. Speech that tears down, is overly critical, and negative. What is the problem with this kind of language? How is it tied to anger?

How do we distinguish between this type of language and necessary critique that is meant to build us up?

End it early - Ephesians 4:26

What do you think the effect is on our bodies from holding onto our anger? Is it good for you?

What does it do to our relationships when we hold on to anger?

If we know these things, why do we keep doing them?

How do you work to end your anger early?

Slow Your Roll - James 1:19

How does listening to someone help us with our anger?

Overcome Your Offense - Luke 17:1

Do people like to be offended? Why does it seem like everyone is looking for reasons to be offended today?

Handcraft Some Humility - Titus 1:7

Is there a connection between being arrogant and being quick tempered? What is it?

How does humility help us with being offended?

Discuss this quote:

“Humility is not thinking less of yourself, it is thinking of yourself less.”

-CS Lewis

The answer to anger is love. - 1 Corinthians 13:4-7

How does focusing on practicing these aspects of love help us with our anger?

How do we apply this to people who are difficult to love?

How can we pray for each other this week? Please be sure to pray for our 2nd Street Block Party!