



Lesson 5: Overcoming Anger

Scriptures, Notes, and Discussion Questions

Scriptures

Ephesians 4:26–27

²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

Matthew 5:21–26

²¹ “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ ²² But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.

²³ “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

²⁵ “Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. ²⁶ Truly I tell you, you will not get out until you have paid the last penny.

James 1:19-20

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.

Proverbs 30:33

³³ For as churning cream produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.”

Ephesians 4:31–32

³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Notes

Discussion Questions

1. Share with your small group how anger was expressed in your home as a child?
2. How do you think anger and its consequence has most impacted your own life.
3. What do you think is the difference between God's anger and how we humans deal with anger?

