

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?

4.	Three forms of unconstructive anger are Attack/ aggression, Suppression, and Passive Aggressive. Which type do you think you are most prone to demonstrate and why do you think that is the case?
5.	Do you think those closest to you would say that anger is an issue that you need to work on? Why or why not?
6.	The constructive way of dealing with anger is to listen to the feeling, look at what the perceived sense of injustice is, and then let go of the feeling of anger and move into constructive planning on dealing with the injustice. What do you think of this approach? Why can it be difficult to let go of anger?
7.	In the Sermon on the Mount, Jesus makes anger a serious issue. Why do you think this is the first major corrective issue he deals with in his sermon? Do you think you see anger as being as significant an issue as Jesus makes it? Why or why not?
8.	As a group, brainstorm together all the destructive things that can find their root in humans holding on to anger.
9.	Are you convinced that anger is ultimately self-defeating? Why or why not?
10.	We have a choice to make when it comes to anger, we can let our anger go. We can let it go by listening to the feeling, identifying the injustice, forgiving the offense, and then working towards love, compassion, and peace. Do you believe you have choice when it comes to dealing with your anger? Why or why not?
11.	How did God speak to you through these passages and the teaching on overcoming anger?