

ALIVE

+

FREE

WEEK 8

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class.

Anger is not always wrong, especially when it is in response to something that is wrong. But anger, even when it's right, can quickly go very wrong. We all deal with fleeting moments of anger that are the fallout of living in a fallen world. Thankfully we can be free from anger.

1 Rick mentioned three **COMMON MYTHS** relating to anger: (1) *"I cannot control my temper,"* (2) *"My anger is not my fault,"* and (3) *"I was born this way."* What is the truth about each of these myths. What does scripture say?

2 **ANGER IS *not* always wrong.** There is a time and place to be angry. The Gospels record times when Jesus was angry. When can anger be the right response?

3 **ANGER IS *a window to the heart.*** Anger reveals what we value, and too often it reveals that our passions are misplaced. **Read James 4:1.** How is anger often like a smoke detector? With that in mind, how does Jesus address the anger we often deal with (**see Matthew 5:21-22**)?

4 **ANGER IS *a door for the devil.*** **Read Ephesians 4:26-27.** The emotion of anger is not a sin but it can lead to sin. Even when anger is right, how we deal with it can wind up being wrong. How does anger give Satan a door of influence in our lives?

5 **BE QUICK *to let the Holy Spirit search your heart.*** **Colossians 3:8** says we are to take authority over our anger ("now is the time to get rid of anger"). How does the Holy Spirit help us get rid of anger and other toxic attitudes?

6 **BE QUICK *to lead with prayer and forgiveness.*** If you hold on to anger it will eventually hold you. We must decide in advance how we will respond to anger-producing situations. **Read Ephesians 4:31-32.** How does God's treatment of us influence our treatment of others? How do you need to grow in this area?

ACTION STEP *We all deal with fleeting moments of anger but the emotion of anger doesn't have to consume and control us. As you reflect on the condition of your heart this week reflect on these questions: Is anger a frequent companion? and How can I be slow to anger? Hold anger in check by letting God check your heart, and you will take anger captive before it captures you. Ask the Holy Spirit to search your heart and help you discern what is going on under the surface so that anger does not pirate your life. Share what the Holy Spirit reveals to you with a close friend. Also, pray for people who make you angry and choose not to hold it against them. As Rick said, "Let the person you could be angry at out of jail and you will not wind up in prison." It is liberating to wake up every morning mad at nobody. Today is the day to get rid of anger!*