

Giving Up Anger • Week #4
*Ephesians 4:26-27 • John 2:13-17; 11:33***Open:**

- How easily do you become angry? What are your key triggers? What does that reveal?

Discuss:

- Describe in your own words the difference between righteous anger and selfish anger.

Read together Ephesians 4:26-27.

- Restate the passage in your own words. What stands out to you? Surprises you? Challenges you?
- In what ways can anger give the devil a foothold?
- What are very practical things we can do to process our anger, in a healthy and timely manner?

Read together John 2:13-17; 11:33.

- Describe the scene in your own words. What stands out to you? Surprises you? Challenges you?
- What do we learn about anger from the life of Jesus?

Referencing our Lenten devotional booklet, what is one thought or idea from Stephanie Koklys's piece that especially intrigued, provoked, disturbed, challenged, encouraged, warmed, helped, or surprised you?

- What anger are you holding tight to that is limiting you?
- How does holding onto anger hinder your life with Christ and others?
- How does giving up anger grow your life with Christ and others?

Practices for the Week to Help You Give Up Anger:**Practice giving up anger by writing an honest letter to God:**

God I feel ANGRY about _____ because _____.

Don't rush the "because" part of this experience. Many times there is more to the because than we first think. Sit with your initial reaction and prayerfully consider what lies underneath. Then continue to share your thoughts, questions, and anger about the situation with God AND a close Christian friend.

Meditate on giving up anger by memorizing Ephesians 4:26-27.**Readings that will help you give up anger . . .**

- *Embracing the Love of God*, by James Bryan Smith • Part 2 Receiving God's Forgiveness, Chapters 4-6.