

2/26/17 | WISE UP: Anger

"Be angry, and yet do not sin; do not let the sun go down on your anger..."

—Ephesians 4:26 | NASB



DISCUSSION QUESTIONS:

1. What is a situation that always seems to get you angry? What do you usually do about it?
2. What are some differences between being annoyed, being frustrated, and being angry?
3. Why is it so easy to fall into the trap of sinning while being angry?

Being Angry

Read Matthew 5:22 and Ephesians 4:26. The *angry* in these verses are the same Greek word, *orgizó* (ὀργίζω), which means *"to provoke or enrage, to be provoked to anger, to be wroth."*

4. What is the difference in context in the verses?

5. Consider the quote on the right. What does he mean by "hot heads" and by "cold hearts"?

"Hot heads and cold hearts never solved anything."

—Billy Graham

6. Read James 1:19-20. What do these verses say about being angry?

Anger vs. Forgiveness

7. Read Colossians 3:8, 12-13. What does forgiveness have to do with anger? How can forgiveness help us see our anger differently?

8. Read Romans 12:21. Where have you experienced good overcoming evil in your life?

Forgiving Others

9. Read Matthew 6:14-15. What do these verses mean? Why is forgiveness so important?
10. Read Matthew 18:21-35. How is this a picture of humankind and the heavenly Father? What role does forgiveness play in this story?

TAKE AWAY:

Whom do you need to forgive today?

Helpful steps to take:

- Identify **who** has made you angry.
- Identify **what** was taken from you.
- Decide to **forgive** that person.