



## Sermon Discussion Guide

### June 4, 2023

### Navigating Anger

Welcome to the first week of our new series, NAVIGATING EMOTIONS. This week we look at navigating anger and how our human anger doesn't bring the righteousness God desires.

What is something that made you laugh this past week?

Navigating emotions is about knowing how you feel and why.

Today I am feeling \_\_\_\_\_ (mad, glad, sad, excited, afraid, ashamed).

Do I know why?

I am asking God to give me an extra measure of \_\_\_\_\_ (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control).

#### **THE WRONG THING**

Have someone read James 1:19-20 aloud. James reminds believers that human anger doesn't bring the "righteousness" God desires. What are the things our culture tends to get angry about?

We see Jesus display the right kind of anger. When you think of Jesus's life, what are the things he got angry about?

God desires we partner with him in restoring that which is broken and lost. How does our human anger prevent us from partnering with God this way?

### **THE WRONG SPEED**

Have someone read Proverbs 15:18 aloud. When have you seen someone live out the second half of this verse, and what was the result?

Have someone read Exodus 34:6-7 aloud. What do these verses reveal about God's character?

How does knowing this about God's character encourage you to seek his help in a current situation where you tend to be quick-tempered?

### **THE WRONG DURATION**

Have someone read Ephesians 4:26-27 aloud. What tends to happen when we harbor anger and resentment?

Like a boat at the dock, sometimes it just needs to be let go. What is something you need to let go of to be set free.

### **THE WRONG VOICE**

Have someone read Proverbs 24:29. What can result from an attitude like this?

The voice that is most prominent in our brains drives our needs. How has this been true in your life?

How can you begin to listen to God's voice saying, "I will never leave you or forsake you" (Hebrews 13:5) more than other voices?

### **WRAP UP**

Today we talked about navigating the emotion of anger and how we often have the wrong thing, speed, duration and voice for our anger. Which one of these is most challenging for you, and what is a step you will take this week to invite God to transform your anger?