

NECESSARY SINS

TALK IT OVER

ANGER - WEEK 4

How to use Talk It Over:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add any optional scriptures and questions if needed, and then wrap up by deciding on your next steps.

Craig's Main Idea:

Don't give the devil a guest room in your heart by sinning in your anger.

Key Questions:

- How do you typically rationalize and justify your anger?
- Are you more of a spewer or a stewer in the way you handle your anger? Share examples.
- What sinful anger do you need to bring before God?

Optional Questions: If needed, include one or more of these scriptures and questions to extend your conversation even further.

- With your Bible or your Bible App, read and discuss Ephesians 4:26-27, James 1:19-20, and Mark 3:5.
- Describe a time when your anger led you in the wrong direction. What resulted from your anger?
- What sanctified anger do you need to fan the flame of?
- Describe a time when you acted on your sanctified anger. What resulted from your actions?
- What things or situations tend to set off your anger the most?

Next Steps:

- What steps will you take to deal with your sinful anger?

DAILY BIBLE READINGS

Take steps to put out your sinful anger and fan the flame of your sanctified anger by reading and talking over the following Bible passages this week.

Day 1: Ephesians 4:26-27

Day 2: Genesis 4:1-16

Day 3: James 1:19-27

Day 4: Mark 3:1-6

Day 5: Luke 15:11-32

Day 6: Proverbs 17:14

Day 7: Proverbs 14:17

DEVOTION

Many of us have a hard time dealing with anger. Some of us have a history of rage, so we try to stifle our feelings. Others of us stuff down the feelings of anger; we pretend they don't exist because we were never allowed to express them in the past. If some of our problems stem from not knowing how to express anger properly, we may try to avoid dealing with it altogether. We may try to just "put it off" and hope it goes away. Evaluating how to deal with anger appropriately is important.

The apostle Paul said, "'Don't sin by letting anger control you.' Don't let the sun go down while you are still angry, for anger gives a foothold to the devil" (Ephesians 4:26-27). One key is to have a daily time limit for handling our feelings of anger—a time to find a way to express the feelings and then let them go.

Dealing with anger promptly is important because when it is left to fester, it becomes bitterness. Bitterness is anger that has been buried and given time to grow. The Bible warns us, "Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many" (Hebrews 12:15).

Devotion excerpted from: <http://www.crosswalk.com/devotionals/newlife/dealing-with-anger-new-life-daily-devotion-aug-1-2010-11635657.html>