Warm Up:
What kind of things get you angry? What are your pet peeves?

Main Thought:
The second attack of the heart is anger. Anger is the result of not getting what we want. Anger isn't always a negative emotion, but unresolved anger leads to bitterness in our heart. The message from a heart filled with anger is, “you owe me!” The root of anger is the perception that something has been taken from us, and now something is owed. We often verbalize anger in the following ways: “You took my reputation.” “You robbed my childhood.” “You owe me the truth.” “You stole my purity.” “You owe me a second chance.”

The cure for anger is forgiveness. If we wait to be paid back for the wrongs done to us, we will be the ones who pay. If we cancel the debts owed to us, we will be set free. Often times, those who we feel owe us wouldn’t be able to pay us back, even if they wanted to. We need to make up our mind to cancel the debt, making a decision to say, “you don’t owe me anymore.” There is no offense committed against us that God's love will not empower us to forgive. We forgive, as Christ has forgiven us.

Main Passages:

26-27 Go ahead and be angry. You do well to be angry—but don’t use your anger as fuel for revenge. And don’t stay angry. Don’t go to bed angry. Don’t give the Devil that kind of foothold in your life. Did you use to make ends meet by stealing? Well, no more! Get an honest job so that you can help others who can’t work. Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift. Don’t grieve God. Don’t break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don’t take such a gift for granted. Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.” (Ephesians 4:26-32 MSG)
Scripture Exploration:
● Read Ephesians 4:26-32 MSG a few times. What do these verses mean to you? How does unresolved anger give the Devil a foothold in our lives? Give some examples.

Personal Reflection:
● When do you find yourself becoming angry? Are there certain situations or people who bring out the anger in you?
● What keeps you from forgiving others? How does it change your perspective when you focus on how God has forgiven you?
● Are you angry with anyone? What happened and what do they owe you?

Active Application:
The process to forgiveness (write it out):
1. Identify who you’re angry with.
2. Determine what they owe you.
3. Cancel the debt by forgiving them.
4. Don’t let the anger build up again.

What can you do to fully extend God’s forgiveness to others and be freed from anger?

Further Reading:
Read Matthew 18:21-35

Prayer Points:
● Pray for one another to be healed from anger.
● Pray for the willingness to choose to forgive those who have hurt us.
● Pray for one person far from God.