

Been There

Break the Anger Cycle

TALK IT OVER

Key Scriptures

"In your anger do not sin": Do not let the sun go down while you are still angry ...
Ephesians 4:26 NIV

Jesus went into the synagogue again and noticed a man with a deformed hand. Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath. Jesus said to the man with the deformed hand, "Come and stand in front of everyone." Then he turned to his critics and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?" But they wouldn't answer him. He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored! At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus. Mark 3:1-6 NLT

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. ... James 4:1-2 NIV

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.
Hebrews 12:15 NIV

But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.
Colossians 3:8 NIV

Fools give full vent to their rage, but the wise bring calm in the end.
Proverbs 29:11 NIV

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.
Galatians 2:20 ESV

Start talking. Find a conversation starter for your group.

- What's one pet peeve you have?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- How does it feel to know that Jesus dealt with anger? What can you learn from the way He handled this emotion?
- Read **James 4:1-2**. Think about the last time you were angry. Can you identify what the root of that anger was?

Start sharing. Choose a question to create openness.

- Share about some ways you typically handle your anger. What would look different in your life if you chose to pray the next time you were angry?
- Is there anything that you're currently angry about? Talk about it with your Community Group to discover the root, and identify a way you can handle this situation in a way that honors God.

Start praying. Be bold and pray with power.

Father, thank You showing us how we can handle our anger. Please show us why we're angry, give us people to process with, and help us to deny ourselves. Break our anger cycle. Help us to honor You, even when we're angry. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- When you feel angry this week, pause and ask the Holy Spirit to help you, heal you, and to have His way. Share about this experience with your Community Group throughout the week or the next time you meet.
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.