

THE HEALTHY SOUL, PART 6: ANGER

Discussion Questions

Introduction

1. What are some evidences that we have not permitted the Holy Spirit to transform our emotional nature?
2. What kinds of scenarios lead to rationalizations that it is OK to neglect relationships and the state of our souls?
3. What kinds of things happen to us when we cover up our anger?

Jeremiah 7:20

1. Do you think most people think about God's anger about their behavior? Most Christians?
2. How does the idea of God's anger make you feel?
3. Do you find that it changes your behavior? In a good or bad way?
4. In what ways is God's anger justly directed at people, even Christians?

Ephesians 4:31, Romans 3:10

1. Why do you think that anger feels so "righteous" (i.e. self-justified) to us? Is it really?
2. What would be some cases where it is genuinely justified?

Denial Is a River in Egypt, or Why We Must Not Deny Our Anger

1. If you are willing, share a humorous story about someone denying that he or she is angry. Why do we try to deny it?
2. What are the consequences of denying the sinful part of our anger? Read 1 John 1:8-10.
3. Can joy and anger reside in the heart at the same time? What does Proverbs 17:22 mean that a soul issue can "dry up the bones"? What effect does prolonged anger have on our inner selves?
4. List things for which Christ was angry in Scripture. What kinds of things would he be angry about today? How does 1 Corinthians 11:1 apply with regard to anger?
5. What are the implications of Ephesians 4:27 for anger?

How to Be Angry in Jesus' Name, Amen.

1. Read Ephesians 4:26, James 1:19b-20. What does it mean to "process" (or "respond to") feelings of anger in a holy way? What promises of Scripture help with such processing?
2. Why should we seek to know the reason for our anger?
3. What is the role of the Holy Spirit in such a search?
4. Read Ephesians 4:25. What is the place of the will in processing our anger? How should this impact the way we speak to one another?
5. Is anyone allowed to say that they cannot control their angry behavior? Why or why not?
6. What means of controlling the sin of anger are popular? Do they work?
7. Read Ephesians 4:22b-24. Ultimately, how do we gain spiritual victory over anger?
8. What should we do if we do not achieve immediate total deliverance over the sin of anger?

Dénouement

Tell the story, if appropriate and you are willing, of an anger issue you had and how you got victory over it.

Without sharing anything, list people you need to forgive for being angry with you, and those for whom you need to ask forgiveness for being angry with them. WWJD?