

Getting Started

1. This week, we're talking about anger. Do you think the world is an angry place? What are some examples that we live in angry world?
2. What is one of your "pet peeves"?
3. There are two typical responses when someone is angry: Blowing up and clamming up. Which type of person are you when you're angry?

Connecting the Dots

4. There is such a thing as righteous anger – angry in the right way for the right reasons. Discuss among your group some examples of things a Christian should be angry about. Share with your group a time when you felt you were righteously angry.

5. The beginning of sinful anger is bitterness and wrath. Bitterness is thoughts or desires that we may not even recognize. At some point, we begin to seethe (feel frustrated, or despairing, or hopeless). What are some good questions you can ask yourself when that feeling arises that will help you assess your heart, and determine the real motivation for your anger? What are some bitter thoughts that you most commonly deal with?
6. If we are to put away "all" sinful anger, what does that say about the excuses we give for our anger? Like, "that person makes me so mad," or "this is the way I was raised", etc?
7. Read **Romans 12:17-21**. Why is it that God says Christians cannot seek vengeance, but He can? How does this show God's goodness and wisdom?