



Sermon-based reflections connect the week to the weekend!

Dig deeper into the talk each week, in a small group or independently. Challenge yourself to see how the message actually makes sense and applies to your everyday life.

Message Info: People Problems - Anger, 7/9/23 - We're going there; the touchy topic of anger. A main player in relationship complications, anger is just the part of the iceberg above the water. Let's dissect this complex emotion, and talk about how to communicate it the right way. (Passages: *Ephesians 4:26-31, James 1:19, Proverbs 14:29, 15:1-2, 25:28, Isaiah 26:3, Jonah*)

Discussion Questions: Take your time and dig into these questions.

What other emotions can cause us to feel angry? Do you think most people express it justly? Why can it be so difficult to control? Are there certain conditions that make us more susceptible to handling feelings poorly? Did Jesus express anger?

Read Ephesians 4:26-31. What stands out to you in this passage? Why?

Being embarrassed, uncertain, hurt, or afraid manifests outwardly in different ways for everyone. Whether passive-aggressive or self-righteous anger, everyone experiences it. This passage instructs us to acknowledge our feelings, but in a constructive way. To not allow anger to linger because it will give the devil a foothold to wreak havoc in our relationships. What are some wise and healthy ways to process emotions? Are there strategies we can use proactively?

Consider the story of Jonah. His short-sightedness produced anger which led him to make very unwise decisions. In Jonah 4:9, God asks a valuable question: "Is it right for you to be angry?" Ask yourself this question next time you are feeling angry

Here are a few techniques to remember:

1. Pause. Take a few deep breaths, and remember James 1:19.
2. Seek deeper understanding. It is more effective to investigate root issues than argue about secondary reactions. (Proverbs 14:29)
3. Self-control. Practice it in small things. (Proverbs 25:28)
4. Guard your words. Process before you respond. (Proverbs 15:1)
5. Be rested. Exhaustion creates a susceptible space. (Isaiah 26:3)
6. Trusted friends - Have people you can vent to or get sound advice from.

Weekly Challenge: Look for a new space to start serving at home, in your community, or at church.