

## **DISCUSSION GUIDE for INTERVENTION Series #2: “Anger / Forgiveness”**

1. What is the *angriest* you have every been?
  - a. Slightly annoyed and grouchy
  - b. Argumentative
  - c. Screaming / Shouting
  - d. Throwing things
  - e. Hitting Someone / Hurting Someone Physically
2. Jeff mentioned that anger is often a mixture of other emotions. What emotions do you think can lead to feelings of anger?
3. Anger is more than just an emotional response. It also involves our mind (cognitive thinking). Often the thinking is faulty because we link one experience with an outcome that may or may not be based in reality. (i.e. He didn't take the trash out today. He never takes the trash out. He doesn't do anything around the house. He's been a lazy bum since we got married.) It's often hard to think rationally when you're angry, why do you think that is?
4. Anger is not always a sin. Read Ephesians 4:26-27 and give some illustrations of when anger might be justified.
5. According to those verses, what is the danger of giving in to angry emotions to the point of sin?

### **Three Responses to Anger**

6. Spit it out! (Explode or blow up!). What is the danger of responding like this? Read Matthew 5:21-22 and/or 1 John 3:15 and think of how these verses impact our anger response.
7. Hold it in. (Swallow it.) Why do some people respond to their anger this way?
8. What are the potential problems of Holding In our angry feelings with no resolution?

9. Spin It Around. This forces us to refocus our thinking into a proper perspective. We try to address the problem and look for a solution to the problem, not attack the person representative of the problem at that moment.
  - a. Look at Ephesians 6:10-12. Who is our enemy?
  - b. Why is fixing our perspective important in dealing with anger appropriately?

### **Replacing Angry Behaviors**

10. Pick a few of the Proverbs listed. Rewrite or restate the truths in your own words.
  - a. Proverbs 14:17, 29; 15:1, 18, 28; 17:14; 19:11, 19; 22:24-25; 25:28; 29:11, 20, 22
11. Read Ephesians 4:25-5:2. Go through this passage and note the words or behaviors you think might be key to changing your attitude or actions from anger to love/compassion. What in these verses applies to your life?
12. When you think of your anger and people who've hurt you in the past, an important step toward healing is to extend or receive forgiveness. Is there anyone who has hurt you that you need to forgive? It can happen with or without their asking for it.
13. Now think through people in your life you may have hurt. Has your own outburst of anger injured a relationship in the present or past? Are there people afraid of how you'll respond, so they've pulled back from being in a relationship with you? Do you hold in and not deal with your anger, so much so that you're a kettle waiting to boil over? Can you think of anyone you may need to approach to ask forgiveness for how you've exploded toward them?
14. Do you think God has forgiven you? You've wronged Him with your sin. Are you holding on to any guilt because you just don't feel God can forgive what you've done? Consider these verses and what they say about God's love and forgiveness toward you. Also consider how it frees you to forgive others when you have accepted God's forgiveness.
  - a. John 3:16
  - b. Ephesians 2:8-9
  - c. Hebrews 10:22-23

## **PROVERBS (NIV)**

Proverbs 14:17

A quick-tempered man does foolish things, and a crafty man is hated.

Proverbs 14:29

A patient man has great understanding, but a quick-tempered man displays folly.

Proverbs 15:1

A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:18

A hot-tempered man stirs up dissension, but a patient man calms a quarrel.

Proverbs 15:28

The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.

Proverbs 17:14

Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.

Proverbs 19:11

A man's wisdom gives him patience; it is to his glory to overlook an offense

Proverbs 19:19

A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.

Proverbs 22:24-25

24 Do not make friends with a hot-tempered man, do not associate with one easily angered,  
25 or you may learn his ways and get yourself ensnared.

Proverbs 25:28

Like a city whose walls are broken down is a man who lacks self-control.

Proverbs 29:11

A fool gives full vent to his anger, but a wise man keeps himself under control.

Proverbs 29:20

Do you see a man who speaks in haste? There is more hope for a fool than for him.

Proverbs 29:22

An angry man stirs up dissension, and a hot-tempered one commits many sins.

**Ephesians 4:25-5:2 (NIV)**

25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

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

27 and do not give the devil a foothold.

28 He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Eph 5:1 Be imitators of God, therefore, as dearly loved children

2 and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

**John 3:16**

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

**Ephesians 2:8-9**

8 For it is by grace you have been saved, through faith-- and this not from yourselves, it is the gift of God--

9 not by works, so that no one can boast.

**Hebrews 10:22-23**

22 let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

23 Let us hold unswervingly to the hope we profess, for he who promised is faithful.