



WEEK 2: WRATH

Growth Group Opener:

**Think of the last time you got angry: How long did the anger last?
What helped it dissipate?**

Read Ephesians 4:26-27; Psalm 4:4 (Read in NIV, ESV, NKJV, NLT.)

These passages indicate that we will become angry at times in our life, but doesn't say that anger itself is wrong. Anger is simply a natural emotion. However, we're told that when we are angry, we must be careful not to sin, and to be mindful of how long we remain in it.

How do you distinguish righteous anger vs. sinful anger?

What is the tipping point for you personally between Godliness and sin when you're angry? How do you know when you've crossed to the wrong side of your anger?

Why do you think the Ephesians passage puts a time limit on anger?

What are the instructions in Psalm 4:4 for when you're angry?

Why are these actions important?

How does this compare to your normal practice of dealing with your anger?



WEEK 2: WRATH

Growth Group Opener:

**Think of the last time you got angry: How long did the anger last?
What helped it dissipate?**

Read Ephesians 4:26-27; Psalm 4:4 (Read in NIV, ESV, NKJV, NLT.)

These passages indicate that we will become angry at times in our life, but doesn't say that anger itself is wrong. Anger is simply a natural emotion. However, we're told that when we are angry, we must be careful not to sin, and to be mindful of how long we remain in it.

How do you distinguish righteous anger vs. sinful anger?

What is the tipping point for you personally between Godliness and sin when you're angry? How do you know when you've crossed to the wrong side of your anger?

Why do you think the Ephesians passage puts a time limit on anger?

What are the instructions in Psalm 4:4 for when you're angry?

Why are these actions important?

How does this compare to your normal practice of dealing with your anger?

Read the list of spiritual fruit that a relationship with God produces in Galatians 5:22-23. Which of those traits are most stifled by unrighteous anger?

How would the actions in Psalm 4:4 help cultivate the fruit in Galatians 5? Which fruit(s) specifically could come out of this practice?

What can we learn about God from this passage?

Using all these passages as a mirror, is there anything that God is showing you about yourself?

What can you put into practice from what you learned this week?

- Are there any grudges you need to ask God to help you release?
- Is there any forgiveness you need to ask God to help you extend?
- Is there any forgiveness you need to ask for from someone else?

Prayer:

Father, thank you for the gift of your Holy Spirit. Lord, we ask for your help in our anger. Keep us from sinning when something upsets us. Help us to practice silence and self-reflection to determine the truth in our anger, and to redirect our focus to you. Help us to be still and hold our tongue until we are able to surrender our own will, and until we can act and speak out of the fruit of your Spirit within us. In the name of Jesus, amen.

Read the list of spiritual fruit that a relationship with God produces in Galatians 5:22-23. Which of those traits are most stifled by unrighteous anger?

How would the actions in Psalm 4:4 help cultivate the fruit in Galatians 5? Which fruit(s) specifically could come out of this practice?

What can we learn about God from this passage?

Using all these passages as a mirror, is there anything that God is showing you about yourself?

What can you put into practice from what you learned this week?

- Are there any grudges you need to ask God to help you release?
- Is there any forgiveness you need to ask God to help you extend?
- Is there any forgiveness you need to ask for from someone else?

Prayer:

Father, thank you for the gift of your Holy Spirit. Lord, we ask for your help in our anger. Keep us from sinning when something upsets us. Help us to practice silence and self-reflection to determine the truth in our anger, and to redirect our focus to you. Help us to be still and hold our tongue until we are able to surrender our own will, and until we can act and speak out of the fruit of your Spirit within us. In the name of Jesus, amen.