**The Word On Anger**

Small Group Questions

1. Think about the last time you were really angry, what happened that caused you to be angry? Share with your group.

2. When you are angry, how do you handle it? "And don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil." - Ephesians 4: 26 - 27

3. From your own experience, do you agree with the above verse? Why or why not?

What is anger?

Anger is an emotion often characterised by feelings of great displeasure, indignation, hostility, wrath and vengeance. Many times, reacting in anger is how we express our dissatisfaction with life. We feel something and react to it.

Types of anger:

\* Explosive anger: something happens now and you react to it. We all know that one teacher who is always red faced that is getting upset about everything

\* Passive anger: this is deep rooted. Sometimes we don't even know we are angry. It plays itself out through meanness and sarcasm

What is the root of anger?

Entitlement. Misplaced identity.

What should our reaction be?

When we are close to the God, we experience his love. His love transforms us. We are not nice to people because that is what the Bible tells us to do. But his love empowers us to better engage with people, even when things are not going our way.

People are born to be free; it’s a gift from God. We’re not to be free from responsibility, but free to be led by the Holy Spirit. Any time our freedom is taken away or given away, we experience anger. Are you willing to go through whatever it takes to be free, or do you want to stay in the mess you're in for the rest of your life? If you want to be free, just start doing what God wants you to do, one step at a time, and you’ll eventually walk out of your messes. When we are battling anger, we must realise that ...we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places (Ephesians 6:12 KJV). When Satan makes you angry, remember that he's trying to keep you from accomplishing the will of God in your life.

In 2 Timothy 4:5, Paul told Timothy to be calm, cool and collected and to keep performing the duties of his ministry. That’s good advice for all of us. When we get angry, we should calm down and start doing what God has called us to do. You can be bitter or better—it's up to you! If you're mad about something, instead of letting it ruin your life, turn it into something good. Overcome evil and anger by praying for those who hurt and abuse you. Forgive them and be a blessing to them. It may not be easy at first, but when you make the decision and stick with it, God will take care of the rest.

"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God." (James 1:19-20)