



## Small Group Questions

### Part 3: Anger

© 2016 Seacoast Church. All Rights Reserved.

#### Read

Ephesians 4:26–27; Exodus 2:11–12; Numbers 20:9–12; John 2:13–17; and Galatians 5:22–23

#### Reflect

At one time or another, we all become angry. We may have justified reasons. But what are we allowing that anger to do to us? Moses killed an Egyptian when he thought no one was looking and buried him in the sand. Later, he slammed his staff against the rock, twice, to bring water from the rock for the Israelites again, and his anger and pride led him to do it with irreverence to God. For doing that, he was denied leading them into the Promised Land. Yet, Jesus showed what righteous anger looks like. He was enraged by the corruptness of the money lenders at the Temple. His righteous anger upheld and glorified God.

Pastor Naeem Fazal offers us ways to not let the anger own us.

1. Where is your anger coming from?
  - a. Think of the last time you were really angry. What was the reason?
    - i. What did you do with that anger?
  - b. Do you tend to focus on your justification for being angry?
2. Where is anger taking you?
  - a. Have you or someone you know, allowed anger to build up inside for a long time?
    - i. What have been some of the effects?
    - ii. How have you seen it change a person?
3. Use anger as a tool, not as a weapon.
  - a. Thinking about the last time you were angry, how might you have dealt with it in a better way?
  - b. How could you make a habit of releasing your anger in a better way?
    - i. Are you having honest conversations with God? Even if he is the one you're angry with?
    - ii. Think of who has made you angry. Can you say, "You don't owe me?" How hard is it to say that and to forgive?
    - iii. Are you asking for God to help you forgive and let go of the anger?
    - iv. Think of someone you've forgiven. What impact has it had?
4. If we don't comfort ourselves through self-validation, we will do it through invalidating others.
  - a. When have you seen someone's built-up anger and bitterness hurt someone else?
  - b. God redeemed Moses. Do you know of someone redeemed from unhealthy, unrighteous anger?

#### Respond

What is your next step? Where is God leading you? How can your small group support you?