

WISDOM'S CRY

Anger vs. Self-Control

Small Group Discussion Questions

We've all (probably) witnessed situations where someone lost their cool. Share one of these stories with the group (don't mention any names!!!).

Share a circumstance from the last week that made you angry. (If you don't have one...go back two weeks.)

What is the difference between righteous anger and unrighteous anger?

- Would you classify the anger that you had in the situation you shared as righteous or unrighteous? Why would you classify it that way?

Assuming that your anger was unrighteous anger (and let's be honest, most of our anger is unrighteous anger), answer the following questions:

- We noted that every time we respond with anger in a situation, we reveal who is on the throne of our heart. What were you worshipping in that moment of anger? (Note: There are probably multiple idols being worshipped.)
- What needed to change in your own heart so that your anger would have been righteous instead of unrighteous?
- If your anger had been motivated properly, how would you have responded differently?

The first set of descriptions that we looked at this morning was that anger is obvious while self-control overlooks. Read Proverbs 19:11.

- Why is it hard to overlook someone mistreating you?

- Proverbs 12:16 says that the vexation of a fool is known at once. What are some ways that you display your vexation (displeasure) more often than you should?
- When is it appropriate to overlook an offense?

Read Proverbs 15:1 and Proverbs 15:18.

- Can you share a situation where you were angry and someone cooled you down by speaking gently to you?
- What typically happens when you get involved in an argument? Does the argument heat up, shut down, or get resolved? (Responses may vary based on who is in the argument.)
- How do we get ourselves in the mindset of giving a soft answer in the middle of a heated argument?

At the end of the sermon this morning, we looked at three different areas of personal growth that will affect anger:

1. Make the conscientious decision every day to put God on the throne of your heart.
2. Study the Gospel and the Attributes of God (specifically God's sovereignty).
3. Fill your heart with the worship of God, especially by listening to Christian music.

How will these three things change the way we handle our anger?

What are you going to do this week as a result of this morning's sermon and tonight's small group time?