

# Freedom Series

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## Session 5: Anger

**For Leaders:** Here are some questions for you and your group to consider. You do not have to answer all the questions, but see which ones God is leading you to discuss with your group. You, the leader, can lead the discussion yourself, or you could ask for volunteers or assign people to certain questions. Above all, hear what God is saying to you through your group. Don't feel compelled to answer every question. Enjoy your time with God and with each other!

### Learn

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1. According to Christian counselors, what is the percentage of people that come in for counseling that have problems dealing with anger?
  - 50%
  - Take a poll of your group. How many can say they do or have struggled with anger?
2. What effect does anger have on relationships?
  - It shatters communication, tears apart relationships, ruins the joy and health of many.
  - Follow-up: How do you respond when someone is angry with you?
3. In Matthew 5:22-25, Jesus tells us what to do with anger. Sum it up in 3 simple words.
  - Stop, pray, reconcile
  - Talk through with your group. What does each one look like for you?
4. What does Jesus tell us to do in Matthew 5:44-45?
  - Love your enemies, bless those who curse you, do good to those who hate you, pray for those who persecute you.
  - How did Jesus demonstrate this to us?
5. If we give into angry feelings and justify them, what do we want to do next?
  - Act on the feelings and get revenge, or get even.
6. How should we treat conflict and injustice?
  - As an opportunity for God to bring out the best in us, to grow in our sharing of the kindness of the Christ.
7. We have to be in touch with our feelings and take responsibility for them, but not let them do what?
  - Control us

8. What do you need to do to those who have hurt you?
  - Forgive them and place the situations in God's hands.
9. When we recognize what causes us to get angry, we can grow in what ways?
  - Grow in grace and prevent future outbursts of unrighteous anger.
10. We need one another, so what do we need to do to keep the lines of communication open?
  - Share openly and honestly and aim to grow in grace and community with one another.

## Apply

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1. As a child, what are some of the things that caused Joe to be angry?
  - Broken home, foster care and bad treatment in foster care situations.
  - What are some of the things that cause you to be angry?
2. Anger became part of his [Identity]. Who did he blame for this? [God]
  - Thinking back to our idolatry study last week. What wrong thoughts do you think about yourself, others, or God because of the things that make you angry?
3. What were the results of this anger?
  - Really bad decisions, rebellion against parents, teachers and the law
  - Are there common things that you see happening after you get angry? For example, if there's a particular person or type of situation that makes you angry, what happens when you allow your anger to come out?
4. What were the 4 avenues that God used to deliver Joe from anger?
  - Salvation: He was not to blame others but see the sin in his own heart. Not a change of habit but a change of heart.
  - Bible Study: 12 week program on different topics, including anger- why we get angry, what we get angry about, God's prescription for it.
  - The Holy Spirit: He would show us Jesus and show me what the Bible says when I get angry. The Holy Spirit will guide us when we get angry.
  - The Church: Fellowship with other believers. Joe learned how to love people in fellowship with other believers, to love one another in the church and also those outside the church.
5. Anger says it's all about [me]. Love says it's all about [others].