

Freedom Series

Session 5: Anger

For Participants: We encourage you to review these questions again on your own time. Spend some time alone with the Lord to review any questions that were not covered during the meeting and questions that stood out to you during the discussion. Try to go beyond just the correct answer or what sounds right and ask the Holy Spirit to show you what He would like you to learn from this study. Above all, hear what God is saying to you through this study. Don't feel compelled to answer every question or get every question right. Enjoy your time with Jesus and with your Connect Group!

Learn

1. According to Christian counselors, what is the percentage of people that come in for counseling that have problems dealing with anger?
2. What effect does anger have on relationships?
3. In Matthew 5:22-25, Jesus tells us what to do with anger. Sum it up in 3 simple words.
4. What does Jesus tell us to do in Matthew 5:44-45?
5. If we give into angry feelings and justify them, what do we want to do next?
6. How should we treat conflict and injustice?
7. We have to be in touch with our feelings and take responsibility for them, but not let them do what?
8. What do you need to do to those who have hurt you?
9. When we recognize what causes us to get angry, we can grow in what ways?
10. We need one another, so what do we need to do to keep the lines of communication open?

Apply

1. As a child, what are some of the things that caused Joe to be angry?
2. Anger became part of his _____. Who did he blame for this? _____
3. What were the results of this anger?
4. What were the 4 avenues that God used to deliver Joe from anger?
5. Anger says it's all about _____. Love says it's all about _____.