

## **Series: The Feelings of Christmas**

**Title:** The Feelings of Christmas: ANGER

**Text:** Mark 3:1-6 & Various

### **Breaking the Ice:**

OPTION # 1 – What are your personal pet peeves? [i.e. little things that make you angry]

### **Discussion/Study:**

1. Read Mark 3:1-6 – It is an “emotional response to something that is wrong in the world.” Anger is not a problem to be eliminated but is actually a reflection of our being made in the image of God, who is both “good” and “angry.” How does the Incarnation – i.e., the life of Jesus - show us that it is possible to be both good AND angry?
2. READ James 4:1-3 – James tells us that the cause of our anger is an issue of “desires” and “passions” that are at war within us. Using the metaphor of an iceberg, this means that our expressions of anger are actually a reflection of the deeper desires and passions of our hearts, whether those desires are good or bad. Think about a time you have been angry. How do you see this principle at work in your own anger? What was beneath the surface in your heart?
3. READ Proverbs 19:11, Proverbs 15:18 and James 1:19 – God calls us to be “quick to listen, slow to speak, and slow to become angry.” How quickly do you get angry? Does it differ based on the person or situation? Has it changed over the years, or does it differ based on the person or situation? If so, why?
4. What is the value of being “slow to anger”?
5. In the Bible we see that there are righteous reasons to be angry (Mark 3:1-6; a desire for justice, a hatred for sin, etc.) and that there are unrighteous reasons to be angry (James 4:1-3; pride, ego, need for control, personal preferences not being met, etc.). Add to the list, what are examples in your own life of both types of anger?
6. Read Ephesians 4:26-27 and Ecclesiastes 7:9 – Paul tells us that we should not stay angry, i.e., “do not let the sun go down on your anger” and gives us a spiritual reason for why: “and give no opportunity to the devil”. Why would Satan love for us to allow our anger to linger and stick around? What does anger do to us when we allow it to linger? Any examples in your own life?

7. Read Proverbs 29:11, Proverbs 16:32, and Proverbs 14:29-30 – What are some destructive ways to deal with your anger? What are some constructive ways to deal with your anger?
8. While many people experience anger as a destructive force, it can actually be the energy that drives us to do constructive good, such as Jesus' anger and hatred at sin leading Him to accomplish our salvation. What are some other examples of anger being used to accomplish good?
9. Read Proverbs 15:1 and Proverbs 15:18 – Not only does God call us to consider how we deal with our own anger, but also how we respond to the anger of others. Have you ever been angry and been the recipient of a “soft answer” that turned away your wrath? What was that like? What is the difference between a “soft answer” that turns away wrath and harsh word that “stirs up anger”?
10. READ Ephesians 4:25-32 – Ultimately the GRACE of God that saves angry sinners is the antidote for our angry people. How does that grace drive us to: “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”