



## Anger

### MAIN THING

Anger is a growing cancer, and forgiveness is the only cure.

### SCRIPTURE

James 1:19-20, Ecclesiastes 7:9, Proverbs 14:29, Ephesians 4:31-32

### ICEBREAKER

What is the dumbest thing you've ever done in anger?

### OPENING THOUGHT

Anger is an emotion that many people have made into their identity. "I'm an angry person" is what many people will say. No, you're not an angry person. You are a person who has allowed anger to grow and grow until you see everything through that lens. You are not an angry person. You are a person who has not accessed the freeing power of forgiveness in your life.

Anger is caused by believing that someone owes you. Someone has taken something from you; your dignity, your respect, a possession, etc., and now you feel like that person owes you. It is caused, James 4 says, by not getting what we want. So in times of anger, ask yourself, "What is it that I want that I'm not getting, and is it worth it?" Maybe, but most of the time, probably not.

### DISCUSSION QUESTIONS

1. What was one thing that stood out to you from this weekend's message?
2. Sunday, Dave said that anger is a growing cancer. What do cancer and anger have in common? How do they destroy? What does cancer produce? Read James 1:19-20. What does anger produce?
3. Many people justify their anger, or even celebrate it. Do we treat a cancer that way? We, obviously would never celebrate it. Read Ecclesiastes 7:9 and Proverbs 14:29. What do these verses say about that? How should we, instead view our anger? What is the end game of it?

### LIFE APPLICATION

Forgiveness is the only cure for anger. However, forgiveness means releasing the one you are angry with of your charges against them. What does Ephesians 4:31-32 say about that? Are you able to cancel that debt, or does holding that debt carry more importance than ridding yourself of the shackles of anger. When anger takes hold, it enslaves us to bitterness, malice, jealousy, and a host of other things. We find ourselves overly critical, cynical and, many times, just down right mean. If you are holding anger against someone, release that this week, and forgive. Don't continue to live as a slave to your anger.

### CHALLENGE

Community groups are made up of human beings. In other words, our groups aren't perfect. Sometimes, we say things to each other, and we hurt each other's feelings. Sometimes, we ignore people during discussions, and we feel left out. Remember, we aren't perfect people, and relationships within our groups are far more important than our need to hold onto our anger. For the sake of yourself, the person you're angry with, and that of your group, please forgive. Send that text, email, or card that says, "I forgive you." Better yet, say it face to face. Sometimes, we allow our anger to be the greatest toward the people we love the most. Don't allow your anger to fester and become a cancer to your group.