

This study guide has been designed for Small Groups in mind, and can be used by individuals as well.

What was the last thing you were angry about? Share with your group

Do you believe anger is wrong? Why or why not?

Watch Video

Read Ephesians 4:26-27. This is the same text we talked about at PCC this Sunday. Read it in several different translations. How do you think about this text in light of the teaching from Sunday and the video follow up?

Now read James 1:19-21. Discuss it as a group. What is this text telling you about anger? James uses the phrase “human anger”. What does he mean? Is James distinguishing this from ‘Godly anger’? If so, compare and contrast these 2 kinds of anger.

Read Proverbs 29:11. Discuss it’s meaning in your group.

Brian taught on Sunday that anger is a secondary response. Think about something you are currently angry about or that you were recently angry about. What was underneath of the anger really about?

“Anger is the result of not getting what I want”. Do you agree or disagree with that statement? Why or why not?

Is it possible to be technically ‘right’ and still caged in by anger? How have you seen that happen in yourself or someone else?

Brian taught on Sunday that the key to the cage of anger is humility. How can you see humility being the answer to anger in your life?

If someone in your group struggles with anger (caged in by anger), give them some space to admit it, peel it, and pray for forgiveness and release from it. Be sure your entire group prays for each other today.

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