

## Small Group Questions

Overcoming Anger

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\*You do NOT have to answer or discuss every question. Feel free to just pick a few. These are meant to guide you in truth. If you are having trouble answering a question, ask your small group leader to help you. They are committed to helping you develop as an authentic follower of Christ.

### The COMMUNITY:

1. Did you ever play the game “Angry Birds?” What did you like about it? Why did it seem so fun to be angry?

### Into the WORD/APPLICATION:

Here are some suggested sites in order to dive deeper into God's Word: [blueletterbible.org](http://blueletterbible.org), [desiringgod.org/articles/all](http://desiringgod.org/articles/all), [biblos.com](http://biblos.com), [ccel.org](http://ccel.org), [logos.com](http://logos.com), [connect.ligonier.org](http://connect.ligonier.org), [thegospelcoalition.org/channel/bible-and-theology](http://thegospelcoalition.org/channel/bible-and-theology).

1. Read Ephesians 4:26-32 and answer the following questions.
  - a. What does righteous anger look like? (Remember Jesus in the synagogue from Mark 3?)
  - b. What does sinful anger look like?

- c. What did Pastor Shaun say would be the fruit that comes from sinful anger (Psalm 37:510)?

2. What does the challenge to “not let the sun go down on your anger” look like in real life ( Eph. 4:26)? And how does unresolved anger open us up to temptation? (Eph. 4:26)
3. How does Ephesians 4:29 help us understand the connection between anger and the use of our tongue?
4. Read Ephesians 4:30-32. How do we see the power of the gospel in this passage of Scripture?