

Small Group Questions

Dealing With 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. What is a pet peeve of yours that makes you irrationally angry?

Into the WORD/APPLICATION:

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

1. Read Ephesians 4:26-32 and answer the following questions.
a. Is anger a sin?

b. When can anger be righteous?

c. When is anger sinful?

2. Read James 3 and answer the following questions.
a. How does taming the tongue relate to anger?

b. What is James's advice at the end of this chapter?

3. What are some practical ways you can avoid unrighteous anger?