

SMALL GROUP STUDY GUIDE



**PRINCE
OF PEACE**
Called to Connect



Anger

May 27 & 28, 2023

Being angry is not a sin. It's a natural human emotion. But how we express - or fail to express - our anger can be sinful and destructive. When we don't handle our anger well, it takes up a lot of room within us. It doesn't leave a lot of margin for things like peace and joy and love. So it's important to learn how the Spirit can help us to breathe through our anger.

SCRIPTURE TEXT: EPHESIANS 4:26-27

Read the scripture text together as a group.

BACKGROUND INFO

St. Paul gives us permission here – be angry! But that permission also carries a caveat – “but don’t sin.” In other words, being angry isn’t a problem. It’s what we do with it that matters. It’s how we handle it.

DISCUSSION QUESTIONS

- How was anger expressed, or not expressed, in your childhood home? How did that impact your ability to handle anger as an adult?
- How much room does anger take up within you? What is it crowding out in your life?
- Share about a time that you felt angry. Was your anger justified? What emotions did you feel ABOUT your anger?
- Two unhelpful ways of dealing with anger are stuffing it (holding it inside) or venting it (letting it all out without any productive purpose). Which of these are you most inclined to do? What negative results have you experienced by dealing with anger in unhelpful ways?
- Some more productive ways to deal with anger include meditating on it, harnessing it, and talking it out.
 - Share about a time you felt angry, but upon further reflection, you realized that the anger was a cover for a deeper or less-acceptable emotion such as fear or hurt.
 - Share about a time your anger fueled needed action.
 - Share about a time that you successfully talked through an issue that had made you angry. What did you learn through that experience?

CHALLENGE: When you feel angry, just breathe. Let the practice of breathing deeply calm your spirit, and invite the Spirit of God to fill you with the gift of forgiveness. Ask the Spirit to continue to bear within you the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. These are the very tools we need in the toolbox of our heart to handle anger well.