

quiet

WRATH



Notes

Wrath. We've felt it. We've experienced it. We know its dangers and have felt its pain. Yet, we often don't know how to deal with it. This series of sermons will further define it, teach why we ought to avoid it and offer solutions on how to get rid of it.

This series is for everyone who has been afflicted or affected by anger – expressed or unexpressed, loud or quiet.

Rid Yourselves | January 22nd

Colossians 3:5-15

Questions:

1. Compassion, kindness, humility, gentleness, patience, forgiveness, and (most importantly) love seem to be the antidotes to anger. Which of these areas do you need to grow in the most?
2. How does knowledge in the Creator help us with our anger?
3. To “put to death” is intense. Summarize what you’ve learned in this series about how and why you can kill off anger.

Family

- Do the Bible App for Kids Adventure Book, if applicable.
- Read passage
- This passage uses the language of clothing. It says to “take off” that which is bad and “put on” that which is good. How is your family currently “dressed?”
- Without showing each other, write some things your family does (or has done) that make you angry. Think about how the attributes listed in question #3 could replace anger over these things. Then, crumple the paper and throw in the recycling as a symbol of forgiveness.
- Pray that compassion, kindness, humility, gentleness, patience, forgiveness, and love would become the defining traits of your family.

Further Reading

James 1:19-21

Weekly Challenge

Love and righteousness are key antidotes to anger. The Bible is important for both of these things. Take the next seven days and complete the Bible plan found at <https://www.bible.com/reading-plans/187-love>.

dANGER

“Danger is mainly anger.”

Ephesians 4:26-27, “Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

Anger Resides | January 1st

Ecclesiastes 7:9

Questions:

1. Why is anger foolish?
2. What are some things that quickly provoke you?
3. How do you currently try to slow the provocation of your spirit?

Family

- Do the Bible App for Kids Adventure Book, if applicable.
- Read passage
- Discuss the things that consistently cause anger in your family (don't fight).
- Sometimes when we get angry there are other emotions under the surface. Make an "Anger Iceberg." On a piece of paper draw an iceberg with 25% of the ice out of water and 75% underwater. On part out of the water write "ANGER." On the part below the water write different emotions that drive your anger or are connected to it.
- Pray that through this study the Holy Spirit would help you become less angry.

Further Reading

1 John 1:5-7

Weekly Challenge

Identifying what makes us angry can be a great start to removing anger. Record everything that made you angry during the course of the week. Ask yourself why those things made you angry.

Notes

The Devil a Foothold | January 15th

Ephesians 4:26-31

Notes

Questions:

1. What are some steps you can take to avoid letting the sun go down on your anger?
2. Bitterness, rage, brawling, slander, and malice are connected (even symptomatic) of anger. What other negatives are connected to anger?
3. How has the devil used anger to hurt you?

Family

- Do the Bible App for Kids Adventure Book, if applicable.
- Read passage
- Have an honest discussion about ways anger is hurting your family.
- Make a sign or object for your home that will help you remember the dangers of anger. Consider putting it by your bed.
- Pray that anger would stop hurting your family. Pray that you will never go to bed angry again.

Further Reading

1 Corinthians 13:1-5

Weekly Challenge

When you recognize that anger is a spiritual issue (not just a psychological or emotional issue), it ought to change your perspective on how to deal with it. Spend some serious time in prayer about anger. Pray for forgiveness for the things you've done in your anger. Pray that you will take anger more seriously. Pray that God will help you stop sinning in your anger; pray that God will help you remove your anger. Pray that your anger will be replaced by kindness, compassion, and forgiveness.

In Danger | January 8th

Matthew 5:22

Questions:

1. What things do you say out of anger?
2. Jesus makes a strong statement in this passage. On a scale of 1-10 how seriously do you take anger? How seriously do you think Jesus would rate it given His words in Matthew 5:22?
3. Jesus says "brother or sister" in this passage. It seems we most frequently get mad at those closest to us. Why do you think this is true? Who do you get mad at the most?

Family

- Anger can mess with our thinking, which can lead to sinning. Discuss which of the following are common ways of thinking for you and your family when you're angry.
 1. All or nothing - "They're ALWAYS late"
 2. Jumping to conclusions - "They hate me."
 3. 'Should' statements - "They should never forget to do things."
 4. Blaming - "I'm angry because they messed up."
 5. Labelling - "They are stupid."
 6. Overgeneralization - "This is HORRIBLE."
- Make a list of thoughts that can replace the above ways of thinking.
- Pray that God will remove anger from your family and avoid sin when anger is present.

Further Reading

1 Timothy 2:8

Weekly Challenge

Sometimes the trigger of our anger is deeper than we think. For example, we might think we are angry because our spouse didn't do the dishes, but really our anger is fueled by the feeling our spouse didn't respect us enough to do the dishes. The following list identifies some of the deeper causes of anger. Order the the list from 1-7 in accordance with what causes your anger (Hint: If you did the challenge last week, use it to help with this list.)

- _____ I am being treated unfairly.
- _____ I am being blamed for something that is not my fault.
- _____ I have not been treated with proper respect.
- _____ That person didn't do what I wanted him to do.
- _____ That person violated or broken a rule which is important to me.
- _____ That person isn't on my side.
- _____ That person dared to tell me I was wrong.

Notes