



BIG IDEA SMALL GROUP DISCUSSION GUIDE

Small groups that focus on the Big Idea for the week can use this guide to apply the message to life and take action. Feel free to use whatever parts of this guide best fit your group personality and time frame. Do NOT feel like you have to use every question. All verses, unless otherwise noted, are from the New International Version (NIV).

10.17/18.09 // Hostage – Freedom From Anger

BiG iDEA: Because anger is a dangerous emotion that can lead me to sin, I choose to control it like Jesus did.

// Ice Breaker _____

Option 1: Share something foolish that you or someone you know did when you were angry.

Option 2: Share a 'pet-peeve' - something minor that drives you up a wall.

// Questions for Discussion _____

1. Read

Proverbs 27:4 Anger is cruel and fury overwhelming.

Proverbs 14:17 (MSG) The hotheaded do things they'll later regret.

Why do you think anger is so dangerous?

What affect does anger have on relationships?

2. Read Matthew 5:22-23

²¹"You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' ²²But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell.

Read Jeremiah 11:20

But, O LORD Almighty, you who judge righteously and test the heart and mind,

Why do you think that calling someone a 'fool' is similar to murder and will bring judgment?

How can we guard against this judgment?

3. Read Mark 11: 15-16

¹⁵On reaching Jerusalem, Jesus entered the temple area and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves, ¹⁶and would not allow anyone to carry merchandise through the temple courts.

Why do you think it is ok for Jesus to be angry in this passage?

When is it ok for us to be angry?

4. Read Ephesians 4:26

In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold...

Is it sinful to be angry?

How can we make sure that we do not sin when we are angry?

What are some concerns when we hold on to anger for too long?

5. Read Romans 12: 17-21

¹⁷Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. ¹⁸If it is possible, as far as it depends on you, live at peace with everyone. ¹⁹Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. ²⁰On the contrary:

"If your enemy is hungry, feed him;
if he is thirsty, give him something to drink.

In doing this, you will heap burning coals on his head." ²¹Do not be overcome by evil, but overcome evil with good.

The above passage says to repay evil with good. What are some ways we can do this? Does anyone have any examples from their lives?

Does this mean that we should let others 'walk' over us?

What would be some good ways to resolve times when you are mistreated?

6. Read Proverbs 29:11

A fool gives full vent to his anger, but a wise man keeps himself under control.

An example was given in the message of someone who was very mad, but when the doorbell rang, they were able to control themselves and answer 'Hi' with a smile.

What are some practical ways we can control our anger?

How can the idea of choosing a bucket of water or a bucket of gas to pour on a problem help us to control our anger?

7. Read Mark 3: 3-6

³ **Jesus** said to the man with the shriveled hand, "Stand up in front of everyone." ⁴ Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. ⁵ He looked around at them in **anger** and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand."

Jesus righteous anger resulted in a display to help someone else.

Is it OK for us to have righteous anger?

By following Jesus example - how should we react to righteous anger?

8. When are you most likely to become angry? For example: tired, embarrassed, stressed, etc.

What would be some ways to prevent this?

// Application _____

Read and commit to memory Ephesians 4:26

In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold...

When you become angry in the next week:

- **Take a moment, take a breath and think.**
- **How can I control my angry?**
- **If this is righteous anger, how can I react in a Godly manner?**

// Prayer _____

Ask God to:

- **Give you control over your anger and not be controlled by it.**
- **Give you the wisdom to quietly hold it back.**
- **Be angered by only those things that anger Him.**

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."

Mark Twain