

ANGER

WEEKLY ACTION STEP

Identify one bad habit that has become a spiritual stronghold. Share that habit you want to break with one safe person. Ask your friend to pray with you for God's intervention and to help hold you accountable as you begin to make changes.

TAKEAWAYS

Evaluate your habits/spiritual disciplines that help you be more like Jesus. Identify if anger is a habit that is separating you from God and from others.

- Identify the source of your anger.
- Learn to calm down before you react.
- Fools vent their anger, but the wise quietly hold it back.
- Get some exercise.
- Let go of your anger correctly.
- Practice forgiveness.
- Give your anger an expiration date.
- Rely on God's control.

SCRIPTURE

Romans 12:2, Proverbs 14:29, Ephesians 6:4, Proverbs 29:11, James 1:19, Colossians 3:13

QUESTIONS

1. What differences have you noticed about people who follow Jesus and how they respond to anger? How do you handle situations that could make you angry, how could you respond differently?
2. Pastor Steve notes that spiritual disciplines are essentially a form of habit, but bad habits can be spiritual strongholds as well. Looking inward, what spiritual disciplines define your daily life? What bad habits have formed as spiritual strongholds that need to be broken?
3. Throughout Proverbs, Scripture warns about the dangers of uncontrolled anger. Pastor Steve refers to several different steps to help break your anger habit. What step of controlling your anger really speaks to you?
4. What are other things you do to calm down when you feel anger rising up in you?
5. If anger is a God-given emotion, then how can it be expressed in a healthy way? Along those lines, if anger is a secondary emotion, then how can it be expressed in a healthy way?
6. Why does an unhealthy expression of anger alienate people and damage relationships?
7. Anger is rarely the primary problem but is usually the result of a much deeper issue such as pride, hurt or insecurity. Share a time you have seen this in your life or someone close to you.

8. Scripture is full of wisdom about anger. Read the following passages and talk about how they can apply to your life. Challenge each other to write out at least one of them and read them every day this week. (Helping create a good habit!)

--Ephesians 4:26-31; Psalm 37:8-9; Ecclesiastes 7:9; Proverbs 22:24)

If you want to learn more about how to turn your bad habits into godly ones, be sure to check out Steve Poe's new book, *Creatures of Habit*. You can find it at the display in the lobby throughout the month of June except for June 19 & 20. A \$10 donation is suggested, but not required.