

Five Stones

Anger

Unrighteous anger destroys life (Ephesians 4:26). Anger itself is not a sin. In fact, there is a righteous anger towards injustice that we should all feel. But more often, what we do with our anger moves us into a place of sin. Whether our response is uncontrolled yelling, physical violence or destruction, quiet smoldering, passive aggressiveness, slander, or bitterness, we end up hurting our relationships and missing the abundant life God has for us. We slay the giant of anger in our lives by intentionally seeking to *be quick to listen, slow to speak, and slow to become angry* (James 1:19). And when we sin in our anger, we should act quickly to expose it, confess it, and bring it into the light, so that we can receive prayer, encouragement, and healthy accountability.

GET THINGS STARTED

How have you been affected by the anger of others on social media or in the news concerning our current social or political landscape? Do you find yourself engaging social media or the news more in this season, or have you distanced yourself from them? What do you think is at the root of the anger being expressed on these platforms?

WATCH THE GROUP VIDEO FOR WEEK 5

GO DEEPER

1. What stood out or resonated with you from the video this week?
2. In Ephesians 4:26, what does it look like to be angry but not sin? In contrast, how do we sin in our anger? What do you think is the *opportunity* the devil wants to capitalize in our lives?
3. In *Goliath Must Fall* by Louie Giglio (pg. 161), Louie writes that one of the key ways we slay the giant of anger is through forgiveness. How does forgiveness move us to a place of freedom from the chains of anger or bitterness? What does forgiveness accomplish in us?

MAKE IT PERSONAL

1. How do you typically respond in your anger, and how often does that response lead to sin and hurt? Is anger a stronghold in your life that needs to be exposed, confessed, and brought to the light so that you can begin a process of healing?
2. Of the three challenges made in James 1:19 (to be quick to listen, slow to speak, and slow to become angry), which one do you find most challenging for you personally, and why? What might be your next step to grow in these areas?

PRACTICE IT NOW

Take time as a group to purposefully pray that the giant of anger would be slayed in your lives. Ask God for an increased capacity to be righteously angry at injustice and to guard against unrighteous anger that leads to sin and broken relationships. Ask Him for the ability to forgive those who have hurt you and stirred anger in you. And ask Him to help you be quick to listen, slow to speak, and slow to become angry.

BLESS

Every follower of Jesus has a story of what God has accomplished in their life, and that story matters and is powerful. Who, in your sphere of influence, would be encouraged by your story with this week?