

Exodus
Million Dollar Emotion- Week #3
Small Group Notes
August 20 and 23

Main Point: God calls us out to call us in, in the area of how we express anger.

Introduction:

When is the last time that you were frustrated that something wasn't happening as fast as you wanted it to? How did you deal with the frustration? Did it turn to anger?

Pastor Brady made the statement, "Anger will make you or break you." Who are famous people that you have seen that their anger has been on display in the public? How does it affect the way you see them?

How are seeing anger on display today?

Before we begin read Exodus 2:11-22.

In this story, Moses had a good thing in mind as his goal—liberating the oppressed people of God and stopping their suffering. The problem was that, instead of waiting for God to move on behalf of His people in His own time, Moses rushed ahead and sought to take care of the matter in his own way through his anger. Therefore, for us, we will discuss how to learn how to have a righteous anger, but also to not let anger control us.

Discuss:

1. Righteous anger is a catalyst for change.

- Read Hebrews 11:24-26 and Isaiah 1:17. Righteous anger is surgical anger focused on protecting the oppressed and exposing sin.

Explain: From the description of the events, it is clear that Moses identified strongly with the people being oppressed by the Egyptians. Moses was

certainly not wrong in his desire to see an end to the oppression of his people—God's people.

Ask:

What present evil are you currently angry about?

How do you naturally respond to injustice? Does your natural, immediate response prompt you toward a sin like Moses' did? If so, how do you hold those emotions in check?

How have you seen God move in your life to bring resolution to unjust situations or conflicts? Did you ever try to handle it on your own? What happened?

2. Unrighteous anger is a cause of destruction.

- The cost of unrighteous anger: It is life's most expensive emotion. Read Proverbs 12:18
- The cause of unrighteous anger: It comes from loving the wrong things, or loving the right things out of proportion.

Explain: Moses took a good and noble desire and attempted to fulfill it in an evil way. He refused to wait on God to deliver His people, and attempted to lead them himself under his own power and insight. It was one thing to stop the man from progressing, it was another for Moses to go about trying to hide what had happened.

Ask:

What does it indicate that Moses checked to make sure there were not witnesses before the murder? Do you think his actions would have been different if witnesses had been knowingly present?

Why do you think sin in secret seems more acceptable? How does the resulting fear of exposure change a person's behavior?

3. The cure for unrighteous anger:

- Confess the source and don't confuse the source. Read Romans 12:17-21
- Trust God and quit trying to be God, which means that I am limited but God is unlimited. Read Ephesians 4:26.
- Recognize that deserts can be launching pads and not dead ends

Explain: Moses' response was to flee. He ran to Midian which would have been modern day Saudi Arabia that was not under Egyptian control. Yet, we can see that it took Moses experiencing the wilderness to find his restoration.

Ask:

Describe a time when you felt like you were starting over. Maybe it was professionally or relationally. How did it impact your view of God or His care for you?

What is an area of our lives that feels out of control? How does not knowing the outcome impact your view of God? Why can it be easy for people to revert to control instead of trust? How can it be different?

Do:

When you think about the difficult decisions and conversations you have coming up in the next week or two, how does it strike you to read that, in the midst of their desperation,

God took notice of the Israelites? When have you been tempted to think that God wasn't taking notice of you recently? How does it feel to know He absolutely does?

What seasons of failure or difficulty have made you search for a better understanding of who God is? What did you find out? Who do you know that needs to benefit from what you've already learned?