



## Part 2: Healing From Your Anger

### Introduction

It's dangerous when we decide everything is someone else's fault.

### Discussion Questions

#### 1. *Start Talking*

- Tell about a time that you responded in anger to a situation.
  - Why did it make you angry?
  - What was the reaction of those you lashed out at?
  - Did you regret your anger afterwards?
  - What did you say or do to apologize (or did you apologize)?

#### 2. *Read This*

- Read James 1:19
  - What are we to be slow about according to this verse?
  - What are we to be quick about according to this verse?
  - What benefit is there to being slow to speak when you are angry?
  - What benefit is there to being quick to listen?
  - How much misunderstanding could you avoid if you followed what this verse says?
- Read Galatians 5:22-23
  - What does this verse say about the prayers of a righteous person?
  - Why is it important to pray for others when they confess sin to you?
- Read Colossians 3:1-14
  - What should our new life in Christ look like?
  - Do you have to muster up the strength to make this change in your life or does the Holy Spirit work in you to help you change?

#### 3. *What Now*

- Do others experience you as harsh/angry?
  - Anger is a secondary emotion. What do you think is the primary emotion behind your anger? (fear, sadness, hurt, insecurity)
  - What steps do you need to take to better understand your emotions and deal with them in a more healthy way?
  - How are you taking care of yourself and addressing past wounds so that you have healthy reactions to the stressors of life?

- Do you see God as tender and kind or as harsh and angry? What verses can you meditate on that will help you see God for how He truly is towards you?
- Is there someone in your life that you experience as harsh/angry?
  - What reaction do you typically have to their anger?
  - Do you have healthy boundaries with this person?  
If not, what do you need to do to establish healthy boundaries?
  - What affirming truths can you speak into their life today?
  - How can you pray for them daily?

**Being a Christian is not about being a better person.  
It's about trusting in Jesus and the Holy Spirit living inside of us.**