

Sunday Series: "Resolving Anger", part 3

Message Summary: Anger is a reaction to an emotional irritation. Anger is neither right nor wrong. What we do while angry will determine if our reaction is right or wrong. Unbridled anger is destructive. Making a resolution to resolve anger will lead to long term rest and peace.

Resolution to Resolve Anger

Matthew 5:22-24

THREE REMINDERS WHEN ANGRY:

Ephesians 4:26,27 - *"Be angry, and do not sin. Do not let the sun go down on your wrath, nor give place to the devil."*

1. Do not sin.
2. Resolve anger before the day ends.
3. Do not open the door for the devil.

THREE ROAD BLOCKS TO RESOLVING ANGRY:

1. Our Ego
2. Blaming Others
3. Self-pity

THREE WAYS WE RELEASE ANGER:

1. Venting our anger outside of us.
2. Stuff our anger inside of us.
3. Resolve our anger.

RIGHT WAYS TO RESOLVE ANGER:

1. Report true reasons why you are angry. Matthew 18:15
2. Think through options to correct the problem. Proverbs 12:25
3. Keep a sense of humor. Proverbs 17:22
4. Make a "no hurt" contract. Galatians 5:13-15
5. Do not use ultimatums. Romans 12:17-21
6. Know who the real enemy is. Ephesians 6:12; 1 Peter 5:8,9

LifeGroup Questions:

BEGIN IT – (5min) Sing praise to the Lord & pray that God leads the study.

OPEN IT- (10min) When do you tend to get angry?

EXPLORE IT- (60min) Read Matthew 5:22-24 and review Sunday's sermon outline together and stop along the way to add additional notes people made about the message.

1. When is it best to settle disputes?
2. What attitudes should we strive to have?
3. Why should we not take revenge?
4. Why is it preferable for Christians to quietly resolve their differences rather than battle over them publicly?
5. How can you help yourself remember this week to keep your anger under control?

APPLY IT- (15min) What relational conflict do you need to straighten out today? What steps will you take to resolve the situation?