

**March 23, 2003**

**Week Twenty-Three: "Overcoming Anger"**

**Day One: Small Group Guide**

**Read: 1 Samuel 18 (p. 317)**

**Read: Commentary (p. 319)**

**Reflect:** What most often sets off your anger? Why?

**Dig:** What other sins accompanied Saul's anger? (see verse 9, 12, 20-21, 28-29)

What light does James 4:1-4 (p. 1444) shed on the story of Saul and David and Saul's anger?

How are anger and demonic influence in your life related in Ephesians 4:26-27 (p. 1360)?

**Apply:** Since our spiritual and mental health depend upon how well we handle our emotions, what is God exposing in your life about anger? What is God's "Anger Management Plan" for you?

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**Day Two: "A Humble Walk With God"**

**Read: Micah 6:8 (p. 1025)**

**Read: Commentary (p. 1026)**

**Reflect:** The commentary states: "our emotions are primarily a product of our thought life." Since this is true, what might be wrong with your thought life when your emotional responses are indicating "trouble" to you?

**Dig:** Notice the context: see what question (verses 6-7) gives rise to the answer of verse 8.

Notice carefully the three verbs (actions) and three adverbs/adjectives

used to describe each action. What did you learn?

How are these instructions from God in Micah related to proper goals in our life and overcoming anger? (hint, check out the second paragraph in the commentary, p. 1026).

**Apply:** Considering what God give you as goals for your life (Micah 6:8) what must you do to pursue proper goals? How will that assist you in defeating anger?

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### **Day Three: "Goals and Desires"**

**Read: Luke 12:13-21 (p. 1175)**

**Read: Commentary (p. 1176)**

**Reflect:** What have you recently seen or heard in the media that appealed to your desires for more and better? What is it in the human condition that advertisers often appeal to?

**Dig:** Why is Jesus telling this story? Check out the question that is asked Jesus and then the main truth that Jesus wants to get across.

Why would the author (Neil Anderson) choose this passage to illustrate "overcoming anger"?

Does Jesus tell us that we ought not to long for treasure?...or is he more interested is WHAT we long for? (hint, check out verses 33-34 of this chapter in Luke).

**Apply:** What disappointments are you experiencing because your goals are all wrong? Confess this to God and ask for the wisdom to live a life going after the right goals.

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### **Day Four: "A True Sense of Worth"**

**Read: 2 Peter 1:3-11 (p. 1459)**

**Read: Commentary (p. 1460)**

**Reflect:** Where does your sense of self worth come from? If you are low on self worth, what do you do to increase it?

**Dig:** According to this text in 2 Peter 1:3-11, where should a person's self-worth come from?

How many character traits are mentioned in verses 5-7?

Why might "goodness" come before "knowledge"?

According to this text, do we all have what it takes to have a strong sense of self-worth? (see verse 3)

According to this text, what is the motivation for developing our character? (see verses 10-11)

**Apply:** What is it in your character that God is working on (see the list from verses 5-7). Ask God to give you a heart for that character trait and to cause you to grow in that area of life.

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### **Day Five: "Righteous Indignation"**

**Read: Mark 11:12-28 (p. 1142)**

**Read: Commentary (p. 1143)**

**Reflect:** Since anger is a God-given emotion, it must at times be right for us to be angry. When has anger which seemed from God and not self-centered welled up in you?

**Dig:** Take a moment to look up the two First Testament passages that Jesus quotes. Read them in context. What do you learn?

Isaiah 56:7 (p.813)

Jeremiah 7:9-11 (p.836)

Why, exactly, was Jesus angry in the temple? Was it the presence of money and the money-changers or was it something else? (the First Testament passages should help you answer this question).

**Apply:** Ask God for such a pure sense of priorities and keen sense of justice that you will not get angry about personal slights but will have righteous anger about others being misused and abused.