



February 20, 2022
Seven Deadly Sins: Wrath
Discussions Questions

MEMORY VERSE:

This you know, my beloved brethren. But everyone must be quick to hear, slow to speak *and* slow to anger for the anger of man does not achieve the righteousness of God. James 1:19-20

Kicking it Off - Wrath often occurs because of feelings that are not expressed in a healthy way and are bottled up inside until they blow—usually in bitterness and and in ungodly ways. They often start as pet peeves that grow in the darkness of our hearts. What are your pet peeves? Have you ever allowed them to overtake you?

1. Read Ephesians 4:25–32. Looking at Verses 26 and 27, How can we be angry but not sin? What do you think Paul means by “Don’t let the sun go down on your anger? (Hint: it does not mean that we are to stay up all night hashing out a disagreement) How can a failure to do so give Satan an opportunity to attack?

2. Look further down at Verses 29 and 30. We all know that we should not use foul language, but what is the implication for how we should speak to one another when we are angry? What does Paul mean when he tells us not to grieve the Holy Spirit? Why does he remind us here that we are sealed? What connection does this have to our exhibiting wrath?

3. Finally, Look at Verses 31 and 32. What are the attitudes/behaviors that Paul tells us to remove from our lives? What are the ones we are to replace them with? Notice in Verse 30 Paul says to remove anger AND wrath—how is anger different from wrath? Does Paul’s instruction to remove anger conflict with Verse 26 where he tells us to be angry? Why not? Share ways you can take steps to fully embrace this.

Putting It into Action - Are you angry with someone right now? Are your attitudes causing you to grieve the Holy Spirit? Are you about to cross the line from righteous anger into the sin of wrath? What positive steps can you take to resolve the situation in a way that will result in a God-honoring peace? Remember, we do not always need satisfaction with one another but we do need unity with our brothers and sisters in Christ.