

## **Dysfunctional Family – Anger**

Do not associate with a man given to anger or you will learn his ways and find a snare for yourself – Proverbs 22:24-25

Pastor Chuck talked about how detrimental Anger can be not only for ourselves, but in our families. Anger is considered a primary emotion and can be a stronghold in our lives if we let it. Primary emotions can be considered the following:

- 1) Crucial for survival
- 2) Innate and universal (found in every culture)
- 3) Hardwired in our brains

Anger can be used for good; however, when anger takes over too long, we lose the ability to think clearly. For anger to be good, it must be controlled.

## **GETTING TO KNOW YOU**

- 1) What is one spiritual gift that God has given you? How are you using this gift to live out God's purpose for you?
- 2) Are there any spiritual gifts that God has given you that you have not used yet?

## **SERMON NOTES REVIEW** (*This section never changes*)

Looking back at your sermon notes from this weekend's teaching, was there anything said that caught your attention, challenged you or confused you?

## **DIGGING DEEPER**

- 1) Read 1 Samuel 18:8-11 – What truth does this bring to you about Anger? How could anger affect you more than others?
- 2) How can anger be remedied? What are some steps that we can take to diffuse our anger?
- 3) Pastor Chuck explained in his sermon that you can't be calm and angry at the same time. When we start to see that our anger is rising, we should be curious not furious. What truth does this bring to you?

## **TAKING IT HOME**

1 Peter 4:8 says Above all, keep fervent in your love for one another, because love covers a multitude of sins.

Pastor Chuck said that loving one another and praising God is the best solution to anger. Read 1 Corinthians 13:4-7. How is love the opposite of anger?

## **PRAYER TIME**

Give a guided prayer instruction to tie it all together. Be mindful of the time it would take larger groups to get through the prayer exercise. It can be simple.

## **ACTION STEPS**

Pray this week for God to show you any offensive ways in you. Boldly pray for God to search you. Are there any areas in your life that you can come to God and work on? Is there anyone in your life that may have anger issues that you can pray that God reveals himself to them and/or you?