

“Killing Anger”

Sermon Notes

- **Anger is the one deadly sin that if we only did it *better*- we'd be far better off**

-Ephesians 4:26, 31-32

**Because of the reality of indwelling sin...*

1. Be _____ to anger (14:29; 15:18; 16:32; 19:11;
James 1:19-20)

2. Be _____ toward others' anger (15:1; 15:18; 20:2; 29:22;
30:33; Ephesians 4:31-32; 6:4; Romans 12:17-21)

3. Be a _____ of God's anger (Exodus 32:9-10; 34:6-7;
Deuteronomy 9:7-8; 29:23; 2 Kings 22:13; Psalm 7:11; 103:8-9;
Mark 3:5; John 3:36; Romans 1:18; 2:4-5, 8; 5:9; 9:22; Colossians 3:6;
1 Thessalonians 1:10; 2:16; 5:9; Hebrews 3:11; 2 Peter 3:9-10;
Revelation 6:16-17; 19:15)

Community Group Study Guide
For the Week of March 12th – 18th

1. Read Proverbs 15:18.

- a. This proverb describes a characteristic of unrighteous anger. What is it?
- b. What is the opposite virtue? (See Proverbs 14:16-17; Galatians 5:22-23)
- c. How can this virtue be cultivated? (See Proverbs 15:1; 16:32)
- d. What characterizes someone who possesses this virtue? (See Proverbs 19:11; Psalm 103:8)
- e. What is the effect of being irritable, or having a short fuse? (See Proverbs 22:24-25)
- f. Can other vices have the same effect? Please explain. (See Proverbs 28:25)
- g. What is the effect on others? (See Proverbs 29:22)
- h. What is the effect on the one who is angry? (See Proverbs 14:29; 19:19; Galatians 5:19-21)

2. Read Ephesians 4:31.

- a. This seems like a blanket condemnation of anger. Is anger ever justified? Why or why not? (See Psalm 4:5; Mark 3:1-6; Exodus 32:19-20)
- b. Can it be sinful to fail to be angry? Why or why not? (See Revelation 3:15-16)
- c. If there is such a thing, what are the characteristics of righteous anger?
- d. Think back to the last time you were angry.
- e. Did you feel justified in your anger? Why or why not? Have you ever known an angry person who didn't feel their anger was justified?
- f. What was it that you desired, needed, or were owed, but did not get that led to your anger?
- g. If you had received the good that you desired, would God have been glorified? Or you? Please explain your answer.

3. Anger that is out of proportion to the offense is known as wrath.

- a. What determines the right amount of anger?
- b. What is the relationship between anger and desire? (See James 4:1-2)

4. When anger lasts longer than is appropriate, we call it resentment.

- a. How long should righteous anger last? (See Ephesians 4:26)
- b. What is the cure for resentment? (See 1 Corinthians 13:5; Matthew 5:21-22; 6:14-15; Psalm 37:8; Matthew 5:23-24; Romans 12:21; Matthew 5:44)

5. Is it acceptable to be angry at God?

- a. Does God fail to give you things that you need? Please explain. (See Philippians 4:19)
- b. Does God give you things that you don't deserve? Please explain. (See Psalm 33:5-15)
- c. Has God failed to honor His promises to you? Please explain. (See Numbers 23:19)
- d. Does God fail to understand who you are and who He is? Please explain. (See 1 John 3:20)
- e. Is God sovereign over the universe or not? (See Matthew 28:18) If so, is He sovereign over what you are angry about and how does this impact the way you interpret the situation?

6. Since pride is not simply one of the seven deadly sins, but rather it is the soil in which the seeds of the other six grow: how does pride give rise to anger?