



## Age of Rage: Pt.2 - Transforming Anger

Simply managing our anger isn't enough. We must transform our heart if we are to ever rid ourselves from the bondage that triggers our anger. Thankfully, Scripture provides us with a path forward.

**Bottom Line:** Anger is overcome by a heart transformed by God's word.

### Discussion Questions:

1. What standards or examples do people normally use to determine how they should live?
2. What benefits do you see, or have personally experienced, in practicing a habit of daily Bible reading?
3. What role does repentance play in our spiritual growth?
4. **Read 1 Peter 2:1-2.** What is Peter telling the reader to rid themselves of? Of those traits listed, which one is the most difficult for you? Why?
5. **Read Colossians 3:8-10.** What benefit does a believer receive when they rid themselves of all the things that Paul lists in this passage? How have you seen this play out in your own life?
6. How does having a posture of humility help us in the areas of our relationships, the workplace, and parenting? Give an example of when you took on a posture of humility in a situation. What was the outcome?
7. What can we actively do to remove things that block our spiritual transformation?
8. **Read James 1:21.** What do you need to "rid yourself of" this week so that you can receive "the implanted word?"
9. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
10. How can the group encourage you this week?

\*If time doesn't allow for you to discuss all of these questions, use only the ones you feel would be most helpful for your group.