



Age of Rage: Pt.1 - The Battle With Anger

If we're being honest with ourselves, we can have a hard time owning up to our struggles with anger. Whether we're a spewer, leaker, or a stuffer – none of us are immune from bouts of anger. Unfortunately, anger can break down our ability to really love those around us. So, this isn't a side issue for followers of Jesus: it is central. Therefore it is not surprising that James brings it up in the first chapter of his epistle – James 1:19-21.

Bottom Line: When we manage our anger, we maximize God's love.

Discussion Questions:

1. Describe a time when you lost your temper. What triggered it? What outcome came from it?
2. In your opinion, what emotions drive so much of a person's relational conflict?
3. **Read Matthew 22:34-40 & John 13:34-35.** Why were these passages important for people to hear in the 1st century? Why is it important now?
4. Reflecting on the above passages, what about human nature makes following the command to love others difficult?
5. How do you tend to respond to conflict? Describe ways in which someone can manage their response(s) when faced with a challenging situation.
6. **Read James 1:19.** What part of this passage do you find most challenging? Why?
7. When was the last time you felt truly listened to? How did it make you feel?
8. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
9. How can the group encourage you this week?

Prayer to Pray: *Father, help me listen before speaking and understand before reacting. When anger rises, show me what lies beneath. Give me your patience and self-control. May I reflect your character—slow to anger, abounding in love. Help me to be quick to listen, slow to speak, and slow to anger. Amen.*