

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. Are you known to have a hot head?

2. How do you deal with anger?

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

3. Read Proverbs 16:32.
 - a. What does it mean to you?

 - b. What does it mean to you to "rule your spirit?"

 - c. The Hebrew and Greek definition of anger mean "nostrils", suggesting the violent, quick breathing—or even snorting—of an enraged person. A dirt-pawing bull, glaring and snorting at a maddening matador, comes to mind. Can you envision anger?

4. Anger is not always sin. There is a type of anger of which the Bible approves, often called "righteous indignation." God is angry, and it is acceptable for believers to be angry. It's good to point this out! Please read and share your thoughts about each scripture.
 - Psalm 7:11
 - Mark 3:5
 - Judges 2:11-12
 - Ephesians 4:26

5. Read James 1:19-20. What does this say about our lives and attitudes?

6. Read the story of King Ahab and Naboth.
 - a. According to 1 Kings 16:30, what kind of King was Ahab?

 - b. What does 1 Kings 16:31-33 say about King Ahab's spiritual life?

7. Read 1 Kings 21:1-4.
 - a. What is the core reason King Ahab is angry?

 - b. How do you handle it when you don't get your way?

8. What do the following scripture say about anger?
 - Proverbs 22:24-25
 - Proverbs 12:16

- Proverbs 15:18
9. Read 1 Kings 21:5-16. What are your thoughts about King Ahab?
 10. Read Galatians 5:16-21
 - a. According to this passage, how do you rule your spirit?
 - b. Compare this passage with Ephesians 4:23-32.
 - c. What is the next step for you?

Application

Below are some of the points shared in the message. Discuss how they apply to your life.

- Don't look up to a hothead.
- Don't give power to insults.
- Don't be quick to fight.
- The problem of anger is about your roots. When your sinful nature feeds your life, outburst of anger is normal. When you are rooted in the Spirit of God, self-control is normal.