

Message Study Guide

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

Warming up

1. Have you ever been so angry that you wanted to SMASH like Hulk?

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.

2. Read Ephesians 4:26-32.
 - a. Is anger a sin in itself? Explain.
 - b. Verse 26 tells us not to let the sun go down while angry. Do you agree with that verse? Why?
 - c. What does verse 27 look like? How do you know when Satan has a foothold on you?
3. Why do you think there is so much anger in our world today?
 - a. What are we, as Christians, called to do about it?
 - b. Do you believe there is a time when anger is appropriate?
 - c. Can you think of a specific example in scripture when anger was justified? What made it appropriate in that moment?
4. Read James 1:19-20.
 - a. What would our world look like today if everyone lived by these verses?
5. Do you think forgiveness is a challenge for people?
 - a. Why is forgiveness so difficult?

6. Do you, or does someone you know struggle with anger? Lewis Smedes once said, "To forgive is to set a prisoner free and discover that the prisoner was you." Have you seen this to be true in your own life or in the lives of others close to you?

7. Why should we let go of grudges and move toward forgiveness?

8. Is there someone you need to forgive today?

Application

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

- How to avoid the dangers of anger
 - Be quick to listen
 - Be slow to speak
 - Be slow to become angry

- "Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose and in the right way - that is not within everybody's power and is not easy." - Aristotle

- "If we really want to love, we must learn how to forgive." -Mother Teresa