

Message Study Guide

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

Warming up

1. Football season is upon us. Are you glad it's here or are you indifferent? Do you have a favorite team?

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. What makes you angry?
 - a. When does someone become angry?
 - b. Do you have a bad temper?
 - c. What's a bad temper to you?
3. What is the definition of anger?
 - a. Is anger a bad thing or good thing?
 - b. Is it okay to be angry?
 - c. When does anger become a problem?
4. According to Genesis 4:1-7, what is the warning God gives about anger?
 - a. According to 1 Samuel 20:27-31, what does Saul say in his anger?
 - b. What are your thoughts?
5. The New Testament gives three words for anger: Thumos (Rage/temper); Parorgismos (irritation/exasperation) and Orge (righteous anger). Have you experienced any of these?.
6. What does Ephesians 4:31 tell us to do with thumos anger? Is it possible?
7. What are your thoughts about this quote? "You cannot carry a bad temper into heaven." - Charles Spurgeon.
8. Ephesians 4:26 tells us not to let the sun go down with parorgismos anger. How do you do this?
 - a. Compare with Lev 19:17-18. Why did God give this commandment to the Israelites? Who did it address?
9. According to Eph 4:27, what can the devil do with anger?
 - a. Compare with Matt 5:21-22. What is Jesus saying?
 - b. Compare also with Psalm 4:4.

10. What do these verses say about relationships? Prov 15:1; Prov 15:18; and Proverbs 22:24-25.
11. Please read about Orge anger as mentioned in Eph 4:26a. Compare it to these other places where Orge anger is mentioned: Matt 3:7; Rom 12:19; and Mark 3:5.
12. Please read James 1:19-20. What does it say?
 - a. Is it possible?
 - b. Compare with Prov 14:29; Prov 16:32.

Application

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

- Anger: a strong feeling of annoyance, displeasure, or hostility.
- "There are no bad emotions. But any emotion can go bad." - Tim Keller
- Why is it we hurt the ones we love, and are polite to those that don't even love us?
- Ephesians 4:31 (NLT) - 31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.
- Ephesians 4:26b (NLT) - 26 ... Don't let the sun go down while you are still angry
- Don't get comfortable with anger living inside you.
- Ephesians 4:27 (NLT) - 27 for anger gives a foothold to the devil
- Proverbs 15:1 (NLT) - 15 A gentle answer deflects anger, but harsh words make tempers flare.
- Ephesians 4:26a (NASB) - 26 "Be angry, and yet do not sin..."
- Human anger is driven by the flesh. Righteous anger is driven by the Spirit of God.
- You don't need to attend every argument you're invited to.