



struggles

Small Group Questions Week 5

1. Have you ever done something you now wish you hadn't because you were being controlled by anger? What were the circumstances? What do you think would have been a better way to handle it?
2. Read James 1:19,20 and Proverbs 29:11. Many times the way our anger controls us is through our speech. What characteristic, according to these verses, must we develop? What do you think is the advantage of thinking before you speak?
3. Pastor Rick said there are four ways anger manifests itself in people, what were they? What are the characteristics of each type? Which one do you identify most with? Which type is the hardest type for you to deal with? Why?

Answer— 1. The Machine Gunner—the moment they get upset they blast those around them with a verbal barrage. 2. The Mutes—These people just clam up when they are angry, they stuff their anger inside and you might not know they are angry. 3. The Martyrs—These people always blame other people for their anger and if people would just treat them right, they would not get angry. They are always the victim. 4. The Manipulators—These people understand the power of their anger when displayed and use anger as their method of intimidating people and getting them to do what they want.

4. Do you know anyone who uses anger to manipulate people, to get them to do what they want? Why do you think this works so well? Do you think that God uses anger to get us to do what He wants? The Bible teaches that love changes people much better than anger does, why do you think this is true?
5. Pastor Rick said that anger is usually caused when one of three things is going on in any situation, what were they? Do you agree? Which of these have you experienced?

Answer— 1. You are hurt, someone is pushing your buttons. 2. Loss of control, you get angry when you cannot control a situation. 3. Fear, when we are being attacked or cornered.

6. Pastor Rick said that there are five things we need to do in order to begin getting a handle on our anger, what were they? Which one do you think you need to work on?

Answer—1. Calculate the cost of anger. 2. Look past their words and see their hurt. 3. Think hard before speaking calmly. 4. Pray for God's Spirit to take control. 5. Base my identity on Jesus.