

MIXED EMOJIS



Week 3 – Temper Tantrum

BRBC Groups

February 16, 2020

Scripture

Ephesians 4:26-27, James 1:19-20, Proverbs 14:29

Ice Breaker

1. What is something that you get angry about that other people might not?

Going Deeper

1. Which best describes your temper: Short fuse, big bomb? Long fuse, little fizz? Something else?
2. When you get angry, how do you deal with that feeling?
3. Read Ephesians 4:26-27
4. In this section of Paul's letter to the Ephesians, Paul is expressing to his audience how followers of Jesus should be different from the rest of the world. How should Christians be different in how they approach anger?
5. What does it mean to not let the sun go down while you are still angry? Do you think that is an instruction that always has to followed? Do you think it ever might be bad advice?
6. Do you see anger as a negative emotion or a positive one? When you think about being angry, are you more likely to keep it in, or express it?
7. Read James 1:19-20 and Proverbs 14:29
8. When is a time you wish you had been quick to listen and slow to speak?
9. What does slow anger look like? How can that be a better way to express anger?
10. What is the risk of expressing anger quickly?
11. On Sunday, Rob said, "Anger is love in action, directed towards a threat to something we love." Can you explain what he meant by that statement? Do you agree or disagree with that statement? Why?
12. When can anger be a good thing? What are some things worth being angry at? What are other things that should not anger us but sometimes do?
13. On Sunday, Rob quoted Saint Augustine's statement that "the essence of sin is disordered love". What does this mean? What are some loves we disorder in life?
14. How do disordered loves become an issue around anger? What can we do to get our loves in the right order?