

Welcome

Share some examples of little things that can make you angry....

e.g Call waiting, someone stealing your car parking space, people talking in the cinema

Word

We are going to open up the topic of how we deal with anger and the things that push our buttons. Be sensitive to the needs of the group, as the people who are inclined to stuff it down, for example, won't find it easy to share. Below are some questions to help you open up the discussion.

List some common ways how people can show/express their anger....

e.g yelling, banging things, withdrawing, alienate others, use sarcasm, cry, denial

Have you ever done or said something you wished you hadn't when you were angry?

Have you ever made a bad decision when you were angry?

When you were a child, how did you see anger being dealt with?

What am I more often like: a spewer, a stuffer or a leaker?

How do you tend to deal with conflict?

Do you run away from it?

How do you deal with it? In person? On the phone? By text?

If anger is a secondary emotion, what kinds of things trigger your anger?

e.g. embarrassment, frustration, rejection, tiredness, hunger

As you think about your normal week, what things can trigger anger in you?

Read James 1:19-20

What practical steps do you think you can take to follow James' advice to diffusing anger?

Which part do we struggle with the most?

Can you think of a time when you used your anger positively to stand up for an injustice?

Are there any anger issues or relationships in your life that need resolution? What steps are you willing to take towards this.

Remember A B C D

- Acknowledge your anger
- Back-track to the first emotion
- Consider the cause
- Determine how to rightly respond

Try to be more self aware this week. Try and notice when your anger is triggered and try and bring these situations to God.

Pray for those people and situations that make you angry.