



## **You're not the boss of me - ANGER**

**Welcome** - When was the last time you got angry and what made you angry?  
When was the last time you realised your anger was ridiculous?!!!

**Word** - This week's emotion is anger.....

- Why is anger such a potentially devastating emotion?
- Why do we find it so hard to talk about anger?
- Does being a Christian also make it hard at times to talk about our anger? If so why?

Read James 3 v.13-18

- What do these verses say?
- What are the implications of these verses?
- Why is the word 'harbour' such a powerful word picture?

Read James 4 v.1-2

- If anger is about what we feel is owed to us, what's been your experience of this?
- What kind of anger are you prone to? Extroverted, introverted, do you shout out or shut down, short fuse, slow burner, other?
- There is a good type of anger, crusader or righteous anger, what examples of this have you seen?

Read Ephesians 4 v.29-32

- There are some powerful truths here in how we can deal with anger, what are they?
- What has been your experience with forgiveness? Receiving it and giving it?

Finish by praying for one another...be sensitive here...anger is powerful....anger is often secret.....our groups need to be a safe space for Jesus to work powerfully.....

Pray for our nation right now....our world....so much anger. Let's pray for Jesus to move and bring forgiveness and reconciliation.