

Summer School – week 2: Understanding Anger

Getting started

- What things make you angry?
- What was the LAST thing that made you angry?
- Why might anger be a difficult thing to talk about?
- When you were a child, how might you have seen anger dealt with? (Be sensitive here as we are not always aware of people's experiences)

Getting stuck in

- What did you hear from the message that encouraged you?
- What are you more often like: an exploder, a stuffer or a leaker?
- How do you tend to deal with conflict? In person, on the phone, by text or email OR not at all?
- What kinds of things may fuel or trigger your anger? E.g. embarrassment, frustration, rejection, tiredness, hunger....
- Remember the quote: "Speak when you are angry and you will make the best speech you will ever regret." Does this resonate with you at all?

Read Proverbs 19:11 and Proverbs 15:1

- Why do we find these so hard to put into practice?

God has a purpose for anger. It is in his design. It is to motivate us to take positively loving actions to seek to set wrongs right – Righteous anger!

- When have you used your anger positively to stand up for an injustice?

Getting personal, practical and prayerful

How are you processing your anger in a positive way? Which one of the four steps might you need to work on more:

- A for Acknowledge your anger
- B for Back-tracking: not going with your first response
- C for consider: what might be the real focus of your anger
- D for determine: what are your options

Remember your homework: think of one instance when you have been angry in the last few days and was it something God designed you to be angry about? If not, how may we have responded more appropriately....