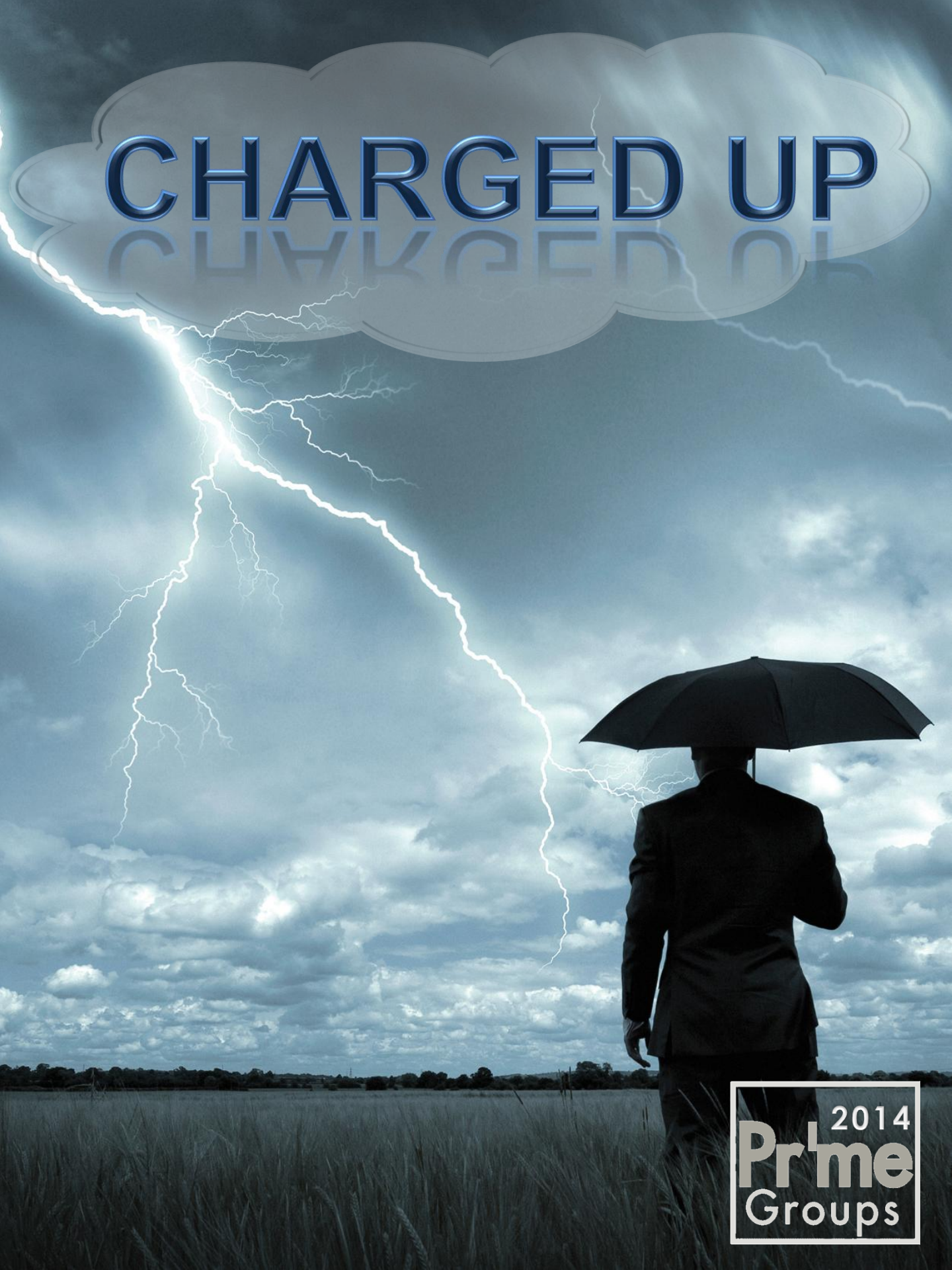


CHARGED UP



2014
Prime
Groups

The Point: Shocking Truth: Anger doesn't accomplish anything

James 1:19-21

Facing Anger in the Face

- Read James 1:19-21.** What stood out to you from this week's Point? (they can be funny, serious, stupid, or spiritual)
- During the point on Sunday, we heard how James talks about human anger not bringing about the righteous life that God desires for us. I think for us to really understand that, we have to start with understanding the root causes of anger. First let me ask, do you think that people often have trouble seeing themselves in the mirror when it comes to anger? So how would you explain in your own words the sense of impact and effect that lies behind our moments of anger?
- Think back to some of your own experiences of anger. Try to identify what it was on those occasions that you wanted, but failed to get – thereby triggering the anger. What was that? **Note: Answer this for yourself and not someone else in the room!** ☺
- What do you think the connection is between anger and hurt? Why do you think anger is especially dangerous?
- From your observations, how does unresolved anger typically affect...a person? ...a relationship? ...people's understanding of that person?
- How would you explain the process of how anger leads to bitterness? In what ways can un-dealt with anger impact you, your family, and the church?

• Sometimes people in churches find it easy to say that their anger was okay because it was “just” anger like Jesus with the Pharisees and in the temple. That could be true in some situations, but what is the potential danger here?

Addressing & Preventing the Problem

Addressing anger is very similar to addressing a virus. If you had pneumonia, you wouldn't put a band-aid on your chest and hope for the best. You would address the infection internally. What is the root cause of anger? (Answer: Selfishness and Pride) How do you think that can that be addressed?

Beyond addressing a virus, there is also preventative care. During the point we heard different authors in the Bible speak to some of the preventative measures we can take with anger.

(Leaders: One at a time, mention the step to take on the left, read the verse(s), and then ask the question.)

Short Accounts-
Ephesians 4:25-27

- How does this approach keep anger from growing?

Direct Conversation-
Matthew 5:23-26

- Why do you think Jesus makes this sound like there is no time to waste?

Bitterness-
Hebrews 12:14 & 15

- Do you think this is possible even with the people that drive you nuts? How?

Listening-
James 1:19

- What does real listening look like and why is it a game changer?

Soft Answer-
Proverbs 15:1

- What does this mean by a soft answer and how would that help?

Patience-
Proverbs 15:18

- Who do you know that's really patient? What's different about them?

Confession & Apologizing-
James 5:16

- Why do you think James says this and will this really help with anger? How?

Bible Verses

James 1:19-21 (NIV)

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Ephesians 4:25-27 (GNT)

No more lying, then! Each of you must tell the truth to the other believer, because we are all members together in the body of Christ. If you become angry, do not let your anger lead you into sin, and do not stay angry all day. Don't give the Devil a chance.

Matthew 5:23-26 (MSG)

"This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God. Or say you're out on the street and an old enemy accosts you. Don't lose a minute. Make the first move; make things right with him. After all, if you leave the first move to him, knowing his track record, you're likely to end up in court, maybe even jail. If that happens, you won't get out without a stiff fine.

Hebrews 12:14 & 15 (NLT)

Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

James 1:19 (NIV)

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry...

Proverbs 15:1 (ESV)

A soft answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:18 (NIV)

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

James 5:16 (MSG)

Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with.