

ICE BREAKER

When have you seen anger used in a healthy way?

DISCUSSION QUESTIONS

1. What part of the message was most encouraging to you? What part do you find challenging?
2. What did You notice about God in the passage? What did you notice about yourself and other people in it?

GOSPEL EXCHANGE (REDEMPTIVE WORK)

Jesus asks us to give Him our burdens (Matthew 11:28-29), whatever they may be (a lie we have believed about God or ourselves, our hurt or negative emotions, or even our concerns for loved ones), so He can carry them for us and give us His peace (wholeness and completeness) in exchange.

What do you want to exchange with Jesus today?

What is the burden? “Lord Jesus, I give you my...”

What’s His gift? “Lord Jesus, I receive your...”

ACTION QUESTIONS

1. What is one step of obedience you can take this week, based on what you’ve learned today? *(NOTE – You might consider stopping and prayerfully asking God to answer this question for you, taking 30-45 seconds to listen in silence for an answer, then write it down.)*
2. During the coming week, who is someone with whom you can share what you learned today? *(NOTE – Consider repeating the same step with this question as the previous question.)*



Sermon Study - Conversation Guide

December 3, 2023

“Overcoming Anger”

Ephesians 4:25-32

This guide is a discipleship tool for personal reflection, family and group discussion, and for Table Talk on Sundays @10:40 am and 12:15 pm on the Lowell Patio

Coastal Community Church
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Mark Twain wrote, "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." In God's design, anger is meant to be dangerous and harmful only to evil. But rarely do we learn how to use anger well. Paul will help us with that.

4:25 *Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.*

When I avoid conflict, when I choose not to speak the truth about my feelings, I allow evil and hurt to fester and grow. The enemy of your soul hates it when you speak the truth, because in the light of truth, evil dies. The damage that comes from our silence is greater than the damage that comes from the hurtful event, always. So, speak the truth. Declare this.

I reject the strategy of silence in the name of Jesus. I command the fear of speaking the truth to leave me and go to Jesus to be judged. Jesus, I take back my voice to speak the truth in love when something is off, hurtful, or needs to change. I trust You Jesus to make things right, and I surrender how and when that will happen into Your capable hands.

4:26 *"In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.*

Anger moves us to protect people, to fix problems for the sake of people, and to destroy evil. We can be angry when we're filled with love. But we sin when we're angry when we make people the problem, rather than attacking the problem itself. Then we use our anger to make others pay. *Hate makes another pay. Love chooses to pay for another.*

You're allowed to express anger. But there's no need to scream or insult. That's making others pay. So is holding onto it. The enemy wants us to do that because it produces bitterness and resentment. Talking about our anger quickly is what prevents the enemy from gaining a foothold.

4:28 *Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.*

When we use our anger to make others pay, we're stealing from them. We're taking their innocence, dignity, worth, energy, and their time. Do

something useful instead. Teach your family to talk about their hurts and you will build beautiful things in and through them. Paul shows us how.

4:29 *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

It's important to process how we're feeling and vent our anger, so we don't tear people down. Our loved ones and trusted friends are meant to help us so we can be kind and loving, building up those around us, even those who hurt us. If we don't, we hurt others, including God.

4:30 *And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

Bitterness is making others pay by rehearsing their faults and failures. Rage uses anger as an explosive emotional device to make them pay. Brawling is anger turned into violence. Slander is destroying their reputation. Malice is actively seeking to destroy them in every way. This grieves the Holy Spirit because it's not the way God relates to us.

4:32 *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

We punish others with anger because we choose to punish ourselves, first and foremost. Yet here in our hot mess, Jesus chooses us. In His love, Jesus pays for us. Do you want to receive God's kindness and compassion towards you so that you can give it away? Then let's pray.

Jesus, I've used my anger to make myself and others pay. Forgive me. Deliver me from the anger that steals and destroys. Jesus, I receive Your kindness and forgiveness. Thank You for loving me even when I was Your enemy. Please give me Your kindness and forgiveness for those who hurt me. I don't have it without You. Make Your love my legacy.

GROUP DISCUSSION GUIDELINES: Tips for great conversation

- We are here to share our experiences, not teach or fix each other.
- Show respect by listening to one another, asking clarifying questions.
- If you're quick to share, allow space and time for others to speak up.
- If you're slow to speak, your experience is valuable so please share.