

Everything's Fine: Anger

Text: Psalm 79

Purpose: To learn how God handles anger so we can feel and express anger in a helpful way.

Opening Question: What are some of your pet peeves?

Read and Discuss: Psalm 79

- 1. How can anger be a helpful emotion? How can anger be a harmful emotion?*
- 2. What does God get angry about?*
- 3. What kind of anger do you relate to the most?*
 - a. Spewer: Explode anger.*
 - b. Stuffer: Push down anger.*
 - c. Leaker: Passive aggressive anger.*
 - d. Recruiter: Get others on their side.*
- 4. Vs. 8-9 Why is it important to recognize our own sin before we confront someone else's sin?*
- 5. Vs. 8-9 Why is achieving God's glory the primary focus for Aspha in dealing with conflict?*
- 6. What does helpful/righteous anger look like?*
- 7. List out several steps you should take before you respond when you are angry?*