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“Don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.”

Ephesians 4:26-27

“Why are you so angry?” the Lord asked Cain. “Why do you look so dejected? You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.”

Genesis 4:6-7

### Wrong Ways To Handle Anger

1. \_\_\_\_\_ **express their anger**

“Fools vent their anger, but the wise quietly hold it back.”

Proverbs 29:11

2. \_\_\_\_\_ **supress their anger**

“When I kept silent, my bones wasted away through my groaning all day long.”

Psalms 32:3

### Right Ways To Handle Anger

1. **Sinful anger:** \_\_\_\_\_

“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”

Ephesians 4:31-32

### MEMORY VERSE

“...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.”

James 1:19-20



2. **Sanctified anger:** \_\_\_\_\_

[Jesus] looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, ‘Hold out your hand.’

So the man held out his hand, and it was restored!”

Mark 3:5

### If I Have A Problem With Anger

1. \_\_\_\_\_

“For the mouth speaks what the heart is full of.”

Matthew 12:34

2. **Ask God for his help to** \_\_\_\_\_ **anger under**

“But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language... Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.”

Colossians 3:8, 12-13

### MY NEXT STEP IS TO . . .

- Make a first time decision to follow Jesus
- Recommit my life to follow Jesus
- Ask God for His help to bring my anger under His control
- Memorize James 1:19-20
- Get the most out of this weekend’s teaching by attending my Life Group this week



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## Discussion Questions - Week #6

# LIFEGROUPS

### QUICK REVIEW

Thinking back to the sermon this weekend “#@\$%!@#” in a sentence or two summarize the main point.

Looking at your notes, was there anything you heard for the first time or that caught your attention, challenged or confused you?

Is there any practical step you plan on taking this week in response to the message?

### GETTING STARTED

- What are some of the things that make you angry?
  - Inconsiderate drivers
  - Poor customer service
  - 'Getting Started' questions asking about what things make you angry
  - Others?
- When it comes to dealing with your anger are you more likely to be a spewer or a steeper? That is, are you more prone to express it or repress it?

### DIGGING DEEPER

1. In the message this weekend Pastor Rick contrasted the difference between sinful and sanctified anger. Read Mark 11:15-17 and Matthew 5:21-22. Are Jesus' actions contradicting his own words?

What made Jesus' anger in Mark 11 sanctified rather than sinful?

Do you think Jesus is giving us a model to follow through his actions in the Temple? Why or why not?

Are there things that anger you that you could use as fuel to accomplish God's purposes?

2. One thing that seems to pop up again and again in the gospels is the disciples' tendency for getting things wrong. In this case, it was their anger over the Samaritan slight. Read Luke 9:51-56. Why do you think James and John got so fired up by the Samaritans actions?

Why do you think Jesus rebuked them?

How is the disciples' anger in this passage different from the example of Jesus in the Temple?

With this passage in mind, do you think it's right to defend the gospel or the Bible against unbelievers?

How could we do so firmly and yet in love?

3. Most of us are prone to fight back when we feel we are the victims of unfair treatment. Read 1 Peter 2:13-25. What stands out to you in this passage?

Which do you think is Peter's most counter cultural challenge?

Is there ever a time when we should fight back when we feel someone has wronged us?

If so, how do you know?

How can you be sure that in following Jesus' example you don't end up simply stewing on our anger rather than spewing?

What do you think it would take to follow Jesus' example more regularly in your life?

### TAKING IT HOME

☞ What step do you think God is calling you to take to deal with your sinful anger this week?

☞ How can the group be praying for you to handle your anger the right way more consistently?

### PRAYER REQUESTS