

BENEATH THE SURFACE

ANGER || CONVERSATION GUIDE

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Sermon Recap:

In this week's sermon, Pastor Derwin talks about anger. Do you consider yourself an angry person? Here are just a few telltale signs: Angry people tend to be overly critical and cynical. Angry people tend to see themselves as victims. Angry people tend to experience physical and mental health problems. Angry people tend to experience toxic professional and personal relationships. When you take a look at your own life, you may notice these signs. Or, perhaps your anger is so deep beneath the surface that you no longer recognize it for what it is. How do we overcome anger? First, acknowledge your trauma. In Matthew 11:28, Jesus says to come to Him, and He will give us rest. He is inviting you to lay everything that burdens you at His feet, including the trauma you've experienced which has led to your anger. Next, never let the devil gain a stronghold in your life. If you've allowed anger to control you, it's time to let that go and allow the Holy Spirit to work in and through you. Then, remember that grace is better than anger. Sometimes we may want to seek revenge against those who have hurt us. When those feelings of bitterness begin to rise up, gently remind yourself of the grace you have been given so that you could then share that grace with others. Extend forgiveness. Just as the Lord has forgiven you, so you are also to forgive. Finally, remember that reconciliation is the goal. Spend time in your small group asking God to reveal the anger that may be hidden deep beneath the surface. Bring it to light where healing can occur.

Discussion Questions:

Upward

- Read Matthew 5:22-24. What does God say about anger?
- Why does Jesus encourage people to be reconciled to others before giving their offering?

Inward

- How were you taught to handle anger when you were growing up?
- When you get angry, how do you express it? Have you noticed any negative consequences to your anger?
- Read Ephesians 4:26-28. How does one express anger without sinning?
- Are you struggling with anger? If so, what do you think is the root of that anger?
- If you've experienced any trauma in your life, this could affect how you express anger. Share with the group if you feel comfortable so that they can pray over you. You can also connect with our Care team at Care@TransformationChurch.tc.

Outward

- Read Romans 12:18-21. We experience conflict in life with multiple people. How do these verses urge us to approach conflict with others?
- Read Colossians 3:12-14. God offered us forgiveness even when we didn't deserve it. How can we extend that forgiveness to others? How do we forgive when we still feel hurt or angry?
- Is there someone in your life you need to make peace with? What one step can you take towards peace this week?

Prayer:

Heavenly Father, You know all the ways I have struggled with anger in my lifetime. Help me to accept the forgiveness offered in Jesus and help me to extend that forgiveness to others who have hurt me. By Your Spirit's power, I will not be controlled by anger but will walk in freedom and peace. Thank You for Your healing. In Jesus' name, Amen.

Soul Tattoo:

Ask God to reveal and heal your anger today.