



1 Corinthians 13:5b (NIV)

"Don't teach your children to never be angry, teach them how to be angry."

1. Learn to master anger or anger will master you.

Genesis 4:3-8, Matthew 5:21-22

2. Disciplined anger is directed anger.

Mark 11:15-18, Mark 11:11

3. Be pause-oriented.

When we are pause-oriented, anger can be the fuel for us to be responsibly action-oriented.

"Anger is the result of love. It is energy for the defense of something you love when it is threatened. If you don't love something at all, you are not angry when it is threatened." - Timothy Keller

James 1:19

Small Group Outline & Discussion Questions

Celebrate and Care:

Have each person share a high and low from this past week.

Review:

Love is not easily angered. Being slow to anger is having the discipline to direct anger to build instead of destroy.

Open Up:

When you were little did you notice the emotions of the person being picked last?

Discuss:

Choose one or two questions for your group to discuss as time allows.

- ▶ Are you more likely to express or suppress your emotions?
- ▶ Read James 1:19. What could people do while having emotion in slow motion?
- ▶ Read Mark 11:11, 15-18:
 - Have you ever noticed the pause in between the two temple visits? How do you think Jesus decided what to do about what he saw?
 - What are you seeing in our world that needs to be addressed?
- ▶ What are some positive actions that could be motivated by anger?
- ▶ Who are some people you know that are pause-oriented?

Engage:

Spend 1-2 minutes in silence with these questions then share your thoughts.

Where in your life do you need to be aware of anger?

Pastor Matt challenged us to "master anger or it will master you". If you were grading your anger management, what kind of a grade would you give yourself?

What issue in our world makes you angry enough to do something? What is that something you should do?

Pray:

Pray together that God will help you to be pause-oriented.