

Ephesians 4:21-32; Ephesians 5:1-2; Ephesians 4:31 (AMP)

Genesis 4:6-7 (CEV)

Psalms 37:8; Proverbs 14:29; Proverbs 29:11; Proverbs 29:22; James 1:19-20

1. Don't just express it!

2. Don't just repress it!

Ephesians 4:26-27 (ESV)

3. Do honestly confess it!

4. Do ask the Holy Spirit to address it!

"Live in such a way that the people closest to you become the people most grateful for you." - Carey Nieuwhof

Small Group Outline & Discussion Questions

Celebrate and Care:

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

Big Idea:

God wants to show us the effects of unhealthy anger in our lives, reveal its roots, and then free us to love others as he loves us.

Open Up:

How does the message title, "A Lion at your Door", fit with the topic of anger?

Discuss:

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

- ▶ What are some ways we can tell if anger is godly or not?
- ▶ Add to the list of healthy outlets to use as a first response when dealing with anger.
- ▶ How can anger be like a fire alarm?
- ▶ Talk about the Carey Nieuwhof quote: "Live in such a way that the people closest to you become the people most grateful for you." What would that look like?

Engage:

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

When it comes to dealing with anger would you tend more toward expressing or repressing?

Ask God to show you what is underneath your anger and resentment?

How does God want to meet you where you are and then help you move forward?

Close together in prayer.