

Kingdom Emotions: Anger
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November 3, 2024

Reflection & Discussion Questions

Anger can be an uncomfortable feeling

- *What do you remember picking up about anger when you were younger?
- *What misconceptions did you have?

Feeling anger can show us what we believe is important

Read and discuss John 2:13-19 (TLB)

¹³ Then it was time for the annual Jewish Passover celebration, and Jesus went to Jerusalem.

¹⁴ In the Temple area he saw merchants selling cattle, sheep, and doves for sacrifices, and moneychangers behind their counters. ¹⁵ Jesus made a whip from some ropes and chased them all out, and drove out the sheep and oxen, scattering the moneychangers' coins over the floor and turning over their tables! ¹⁶ Then, going over to the men selling doves, he told them, "Get these things out of here. Don't turn my Father's House into a market!"

¹⁷ Then his disciples remembered this prophecy from the Scriptures: "Concern for God's House will be my undoing."

¹⁸ "What right have you to order them out?" the Jewish leaders demanded. "If you have this authority from God, show us a miracle to prove it." ¹⁹ "All right," Jesus replied, "this is the miracle I will do for you: Destroy this sanctuary and in three days I will raise it up!"

- *What do we see about anger in this passage? What seems to make Jesus angry here?
- *Where else do you remember Jesus getting angry in the Bible? What was different about his anger?
- *What benefits can anger have?

There is a way to be angry and not sin

Read and discuss Ephesians 4:26-27 (NIV)

²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

- *What can we learn about handling our anger from these verses?
- *What makes the distinction between sinning and not sinning when angry?

Anger can be a smoke detector for us

It helps to notice, name and navigate our anger.

- *How do you notice anger in yourself? What warnings or flags do you see?
 - *Why would it be important to name anger for what it is? Why wouldn't we want to outright avoid anger?
 - *How have you experienced anger expressed in a healthy way?
- Think of a time you recently felt angry –
- *What were the emotions lying under it? Can you point to the injustice you felt? How did you deal with the anger?

We must dig into our anger to determine if it is sound or unsound

- *What makes you angry most often? When do you find yourself relying on anger?
- *What is the Spirit showing you about that list? Can you discern what that anger is trying to communicate to you?
- *What step can you take in the ways you approach anger in your life?