



NEW LIFE
CHURCH

Life Groups 2018

NLC Life Group Sermon Study

Week of March 18, 2018
Sermon: Anger

Life Group Schedule

15 MIN Eat, Meet & Greet

15 MIN Ice Breaker Game: **Sentence Starters**. Before the group meets, write sentence starters on slips of paper. Have each person pull a slip from a bowl and write their name, read the sentence starter, and then complete it. They should also provide several additional sentences of information that coincide with their sentence starter. Read the completed slips when everyone has arrived to help everyone get to know each other. **Variation:** Have the group sit in a circle. Pull one slip at a time from a basket, read the sentence starter, then have each person take turns completing them. The following is a sample list of sentence starters:

Although most people don't find...	I am...
I have never...	I love it when...
I love to...	I think I have the best...
I would never...	My idea of beauty is...
The best thing I ever did for my child is...	The best way for me to relax is...
The most important decision I ever made was...	The biggest and best...
The funniest thing that ever happened to me was...	The best way to save...
The greatest thing my child ever did was...	The lowest...
The thing that makes me laugh is...	The most unbelievable thing...
There is nothing I enjoy more than...	When I think of prunes...

NOTE: Feel free to use as much or as little of the study as you like, in whatever way flows most naturally for your group.

OPENING PRAYER

45–60 MIN “Anger”

- In a study of 3000 people, 1500 are more angry today than last year.
- The Bible is clear --- anger creates damage all the time: “Only a fool gives full vent to his anger.”
- Anger stats:
 - › The average woman loses her temper 3x/week, the average man 6x/week.
 - › Women get angry more often at people; men more often at things.
 - › Single adults express anger twice as often as married adults.
 - › The place you're most likely to express anger is in the home.
- Anger is not always an inappropriate response.
 - › When anger is appropriate, it means something matters to you.
 - › Things it's ok to be angry about: Injustices in the world—things like kids going to bed hungry, sweet ladies being abused, the

feeble-minded being taken advantage of; the lost not hearing the Gospel.

- God got angry 375 times in the Bible... He was right every time!
EPHESIANS 4:26 “When you get angry do not sin...”
 - › This verse implies there’s a way to get angry and not sin, and that not all anger is sin.
- Uncontrolled anger is sinful.
PROVERBS 25:28 “If you cannot control your anger, you are as helpless as a city without walls, open to attack.”
 - › If you can’t control your anger, you are defenseless, and people will manipulate your life.
 - › When you say, “You make me so mad!” you are allowing someone else to have control of your emotions.
- Angry responses are learned, which means they can be unlearned.
- Don’t take that anger to the grave; take it to the Cross.

DIFFERENT TYPES OF ANGER:

- **EXPLOSIVE:** Cain (see Gen. 4:5). Result: murder.
 - › Exploders mow you down. They’re very expressive. They attack.
 - › Attackers have lots of regrets: things they’ve said and done. They constantly need grace from people around them.
 - › They wear people out and end up lonely, because no one wants to hang out with them.
- **RECLUSIVE:** Jeremiah (see Jer. 15). Result: depression.
 - › They don’t get violent; they get silent, swallowing it.
 - › That can turn into depression quickly. **FROZEN ANGER.**
 - › What you eat is important, but what’s eating you is even more important!

1. REALIZE THE COST OF YOUR ANGER.

- There is always a price tag; it’s not just over when you say it’s over. Before you let yourself get mad, calculate the cost of your response.

PROVERBS 29:22 “An angry person causes trouble, and a person with a quick temper sins a lot.”

PROVERBS 15:18 “Hot tempers cause arguments.”

PROVERBS 14:29 “Anger causes mistakes.”

PROVERBS 14:27 “People with hot tempers do foolish things.”

- When you lose your temper, you can lose others' respect, your family's affection, and even your job.
- If you motivate people with angry threats, you may win in the short-term. In the long run, anger always creates more anger, apathy, alienation, and callous hearts, and it tears your health down. Your physical body wasn't created to carry an angry spirit!

PROVERBS 14:29 "Those who control their anger have great understanding; those with a hasty temper make mistakes."

2. RESTRAIN YOUR REMARKS.

- Watch your words.

PROVERBS 21:23 "If you want to stay out of trouble, be careful what you say."

PROVERBS 15:1 "A gentle answer quiets anger. But harsh ones stir it up."

- › Resist using sarcasm. Harsh words escalate problems, while soft words de-escalate tension.
- › Quiet down. The louder you talk, the angrier you get.
- › Never quote someone when you're angry; you didn't hear it right.

PSALM 141:3 NIV "Set a guard over my mouth, LORD; keep watch over the door of my lips."

3. I MUST BE FILLED BY GOD'S SPIRIT AGAIN & AGAIN.

- **Stat:** Last Year, 4 Million wives were beaten by their husbands, and 10 million children were beaten by their parents.

- › The root problem is in the heart.
- › Curt responses and sarcasm point to frustration and anger, *revealing a lack of abiding in the presence of God.*

- John 15 points to the truth that everything that doesn't abide withers.

- › People lose their temper most on vacation, because most people unplug from God on vacation. Stay connected to the Holy Spirit and remain in the Body—never unplug.

HAVE OTHERS TAKE TURNS READING EPHESIANS 5:15-21

- › The word "filled" means "to be under control of."
- › In verses 19-21, Paul tells us how to be filled: Sing, be thankful, and serve others.
- › When you choose to not let anger fill you, but let the Holy Spirit fill you instead, you will be full of: Joy/Peace/Love/Self-Control/Goodness/Gentleness/Kindness/Patience/Faithfulness.

- Q1.** Did you face a frustrating situation this week? If so, how did you deal with it, and what was the result?
- Q2.** Discuss ways to remain filled with the Holy Spirit—operating out of His presence—especially when the heat is on.
- Q3.** Do you find yourself generally getting angry consistently about the same thing or towards the same person? Why?

PRAY TOGETHER THROUGH ANY NEED THAT HAS SURFACED.

ANNOUNCEMENTS