

Ten Commandments

'You must not murder'

(Exodus 20:13)



IN

- Share a funny story and a more serious story of when you've been angry with someone, and what your anger achieved.
- What things cause you to feel most angry?
- Is your anger usually short-lived or does it sometimes last longer?

'Popular wisdom still believes that anger can be good and that by being angry we are 'getting it off our chest' or 'clearing the air'. Can this be true?

VIDEO - Watch the TEN DVD together and discuss anything that jumps out.

UP

Read Ephesians 4:26-32:

- In verse 26 what rules on anger does Paul give?
- What, according to Paul, in verse 27 is the great danger of anger?
- What alternatives to anger does he suggest?

OUT

- What one thing are you going to stop, start or change in order to take this commandment seriously?
- In what place / situation / circumstance are you going to choose to be a life giver rather than a life taker?

Practical Suggestion:

In the week ahead try to be conscious of when you get angry. Ask yourself the following questions if (or more likely when) you start to feel this.

- What's causing me to get angry
- Am I seeing the full picture?
- How might Jesus react in this situation?
- How can I express my anger without crushing others?
- What do I want to change as a result of this?

BIBLE READING:

Ephesians 4:26-32

And "don't sin by letting anger control you." [a] Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.

28 If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29 Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

30 And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, [b] guaranteeing that you will be saved on the day of redemption.

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Optional extra discussion

Below are 3 common responses to anger. Talk through them and discuss the following questions:

- Q_ Which one do you relate to most?
- Q_ What are the pros and cons of each response?

The Maniac

- Like a pressure cooker waiting to explode
- They have a short fuse, and get angry at the slightest thing
- When they get angry everybody knows about it

The Mute

- They don't blow up, they calm up
- They cannot or will not show anger in public
- They bottle up their anger

The Manipulator

- They express anger by getting even
- They may never again mention a situation that has angered them, but they will take revenge on the person who angered them