

Slow to Anger

UP: Introduction

Can you think of a time when you got angry?

What caused the anger?

How did you respond?

What effect did it have on others?

IN: Explore

READ: James 4:1-2

James is writing to a community where anger has obviously got out of hand. There are fights and quarrels. Relationship and community is being destroyed. He offers a reason as to why. It springs from what 'I' want, but don't have.

'Destructive anger is a response to MY expectations not being met'

Think through those times you get angry... what expectations have not been met?

What are the healthy ways of resolving unmet expectations?

What are the expectations we place on others that might need revising?

READ: Ephesians 4:26

There are 2 commands in this verse - explore together as a group how these commands can be practically out-worked.

What positive experiences can you share and encourage one another with?

OUT: Impact

The last portion of the verse is about not keeping a record of the wrongs done to us.

Are there people in the group, or those you know of who have experienced wrongs? Take some time to pray for them (for some this is a long term journey - it might be as a group you form prayer triplets to stand with others in this.



“Love... it is not easily angered, it keeps no record of wrongs”

1 Corinthians 13:5