

# I'M FINE

HOW GOD MEETS US WHEN WE'RE NOT

## Anger

January 9, 2022

### Reflect + Discuss

- What are some of the small things that make you angry (ex. slow drivers) and what are some common triggers that lead to anger for you (exhaustion, stress, hunger, etc.)?
- Read Psalm 2:5, Psalm 7:6 and Mark 3:5. What causes God's anger, and why is His anger actually a good thing?
- Read Exodus 34:6. What does this passage have to say about God's anger and His character? Now, read Ephesians 4:26-27, Colossians 3:8 and James 1:19-20. In what ways is human anger different from God's anger?
- Read Ecclesiastes 7:9 and Proverbs 15:18. Share about a situation where you acted quickly in your anger. What was the result? Were there lasting consequences from your anger (relationally, professionally, etc.) and if so, what were they?
- Pastor Charles shared 3 steps to help us slow down our anger (1. Recognize when we are angry 2. Create space 3. Talk to God) Which of these steps is the most challenging for you? Next time you start feeling angry and are tempted to act quickly, what is one concrete action you will take to slow down?

### Dig Deeper

- Check out [this video](#) from the Bible Project about God being slow to anger. For a deeper dive, check out their [podcast series](#) on this topic.

### Pray

- Reflect on James 1:19-20 and ask God for the patience to be slow to anger.
- Set aside time to sit quietly (this can be done individually or as a group) and openly talk with God about something you are angry about and ask Him to guide your steps as you address the issue.

### Next Steps

- Is there a situation in your life that you are currently angry about? Take time to process with a close friend – invite them to challenge your view of the situation, share what role you might have in it, and think through the best outcome together.