

ANGER

1 Samuel 18:6-11 & Ephesians 4:26-27

Awareness

Before listening, reflect:

- Reflect on a recent time when you were very angry. How long did that anger last? What helped bring it to conclusion? Did you take any particular action? How did your anger affect those around you? Did it change your relationships significantly?
- How do you define righteous anger? What characteristics set righteous anger apart from unrighteous anger?

God created us as beings with emotions and these emotions are not inherently sinful. So if anger is not necessarily a sin, why then, do we include it in the list of Seven Deadly Sins? Studying the story of Saul's anger against David in I Samuel 18 we learn how anger can become a dangerous sin, and one that can quickly lead to injury. But, the Bible is clear that sinning in anger is not inevitable. In Ephesians, we find hope and guidance for controlling and dissipating our anger.

Reflection

After listening, consider:

- When have you witnessed anger leading to injury -- emotional or physical injury of self, of another, or of a community? Why do you think anger is sometimes called a community killer?
- The emotion of anger is not a sin, but it becomes sin when it takes control of one's will. How can your motives and desires help you determine whether your anger is merely an emotional response or if it has shifted into sin?
- In segment 2, hosts Dave Bast and Scott Hoezee discuss two stories that describe times when Jesus got angry. What does it mean to you that Jesus got angry? What do these stories show us about the person of Jesus?
- How can we embrace righteous anger and work for peace and justice while also leaving vengeance and justice in God's hands?
- In segment 3, Dave and Scott discuss ways to combat anger: by nurturing the fruits of the Spirit to extend forgiveness, and even employing humor to get back to a place of humility and meekness. What strategies will you use to deal with your anger? How will you remind yourself of these strategies in the heat of your anger?

Related Passages

- **Matthew 5:21-26**
- **Mark 3:1-6**

- **Galatians 5:16-26**
- **Colossians 3:1-17**
- **James 1:19-21**

Conclusion

Read Galatians 5:22-23 and reflect on the fruits of the Spirit that you find most difficult to employ in moments of anger. Write down ways you might ask the Holy Spirit to cultivate these fruits in your daily life. Make it a point to return to these notes from time-to-time.

<https://groundwork.reframedia.com/episodes/anger>

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