

## SERMON-BASED STUDY: THAT MAKES ME ANGRY

**Psalm 4:1-8, ESV** – <sup>1</sup> Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer! <sup>2</sup> O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies? Selah <sup>3</sup> But know that the LORD has set apart the godly for himself; the LORD hears when I call to him. <sup>4</sup> Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Selah <sup>5</sup> Offer right sacrifices, and put your trust in the LORD. <sup>6</sup> There are many who say, “Who will show us some good? Lift up the light of your face upon us, O LORD!” <sup>7</sup> You have put more joy in my heart than they have when their grain and wine abound. <sup>8</sup> In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

### Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

### QUICK REVIEW

Looking back at your notes from this week’s teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

### ENGAGE WITH THE MESSAGE

- 1 What is the significance of David recalling past experiences of God’s deliverance when he prays for relief from distress?
- 2 How can David’s approach to dealing with distress be applied in your life today?

- 3 What does David mean when he says he has greater joy than those whose grain and new wine abound? How can we find this joy amidst hardship?

## DIGGING DEEPER

A **Romans 12:17-21, ESV** – <sup>17</sup> Repay no one evil for evil, but give thought to do what is honorable in the sight of all. <sup>18</sup> If possible, so far as it depends on you, live peaceably with all. <sup>19</sup> Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” <sup>20</sup> To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” <sup>21</sup> Do not be overcome by evil, but overcome evil with good.

- 4 What does “live peaceably with all” mean? How does this compare to “live in harmony with one another” in Romans 12:16?

- 5 How can we “give thought to do what is honorable in the sight of all?” Why is this important?

- 6 The passage above shows that God will deal rightly with those who do evil. How should this understanding help you in moments when you want to take vengeance on someone?

B **Proverbs 14:29, ESV** – Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

**Proverbs 15:1-4, ESV** – A soft answer turns away wrath, but a harsh word stirs up anger. <sup>2</sup> The tongue of the wise commends knowledge, but the mouths of fools pour out folly. <sup>3</sup> The eyes of the LORD are in every place, keeping watch on the evil and the good. <sup>4</sup> A gentle tongue is a tree of life, but perverseness in it breaks the spirit.

**Proverbs 30:32-33, ESV** – If you have been foolish, exalting yourself, or if you have been devising evil, put your hand on your mouth. <sup>33</sup> For pressing milk produces curds, pressing the nose produces blood, and pressing anger produces strife.

- 7 The Proverbs speak frequently of anger leading to folly and strife. Why is this true?

8

Proverbs 15:1-4 reminds us that God is everywhere and sees everything. How should this truth impact the way we react to others?

9

These Proverbs speak of “a soft answer” and “a gentle tongue.” How can we become better in this area?

## TAKING IT HOME

This week, we learned that when we feel angry, we need to remember that God’s got us and that we should not let our anger lead to sin. How are you doing in this area? What is your typical response when you become angry? How can you improve in the area of not allowing your anger to lead you to sin? Share with your group what God is showing you. Pray that each of you will be people who respond appropriately in times of anger.

## PRAISES AND PRAYER REQUEST

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## FOR FURTHER STUDY

Matthew 5:38-41, 21:12-14

Ephesians 4:26-27

James 1:19-20