

SERIES TITLE: UNSTUCK

PART THREE: FROM ANGER

TEXT: COLOSSIANS 3:8

INTRODUCTION.

This series focuses on life situations in which we commonly find ourselves stuck. Anger, Worry, Jealousy, Revenge, and Guilt are common challenges for most of us. We will discover what the Bible says about these things, and how Jesus sets us free.

DISCUSSION.

What makes you mad and why?

EXAMINATION.

- V.8 Why does Paul use these different expressions referring to anger?
- Based upon 3:1-3, who is Paul talking to?
- How does “having been raised with Christ” and setting our “minds on things above” relate to dealing with anger?
- The word translated “rid” is also used in Hebrews 12:1 (throw off) and Acts 7:58 (laid). How does this help you understand what it means to get rid of anger?

APPLICATION.

- How often do you think your anger is related to not getting what you want?
- Why is it important to deal with anger appropriately and not “bottle-up” or “blow-up”?
- If the process for dealing with anger is:
 - Identify who you’re angry with and why
 - Release by canceling the debt

Which is the most difficult part and why?

- How is it possible to cancel a relational debt? (Ephesians 4:31-32)
- How do you react to the following statement?

Start evaluating life by what was done for you on the cross, instead of what was done to you by others.

- Fact: What is a key truth that you understood from this passage?
- React: What did you feel?
- Act: What are you going to do?