



LIFE Groups Sermon-Based Discussion Questions

“Help & Hope for the Angry”

James 1:19-20, for the week of Sunday, April 8, 2018

I. In his book, Uprooting Anger, Robert Jones writes: “Anger is a universal problem, prevalent in every culture, experienced by every generation. No one is isolated from its presence or immune from its poison. It permeates each person and spoils our most intimate relationships. Anger is a given part of our fallen human fabric...Sadly this is true even in our Christian homes and churches.”

In your life, what makes you angry? What are the situations or circumstances that most commonly provoke you to anger? Be as specific as possible as you share.

Supplemental material to help discussion from the sermon

•*Defining anger in three words: “I’m against that.” [David Powlison]*

II. The Bible tells us that God is an angry God. But God is not only angry, He is married. The Bible is a story of marriage...with a twist: it tells us of a marriage that begins with adultery and ends with a wedding. God’s anger in Scripture is the anger of a betrayed spouse. Yet in God’s loving anger, He redeems, He restores, He reconciles (through the cross of our Lord Jesus Christ).

As you reflect on the Lord’s loving anger and how His anger moves toward healing and restoration, how is your anger changed to be more Christ-like? What would it look like in your own life if your anger were more redeeming, protective, and sacrificial toward those you love?

Supplemental material to help discussion from the sermon

•*Love is costly. We have to give something, often very difficult, toward healing. God’s loving anger is sacrificial, so then ours must be too.*

III. One practical help and principle from the sermon was to “slow down in your anger”. Why is this an important, practical, biblical help for our angry hearts? How would “slowing down” in your anger (or frustrations, impatience, disappointments) bring good in your life and relationships? How might “slowing down” provide opportunities to think, pray, and turn to the Lord?

Supplemental material to help discussion from the sermon

•*Jam 1:19-20 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.*

•*Ex 34:6 The Lord passed before him and proclaimed, ‘The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.’*