

## “The Danger of Anger”

Growth Group Guide

May 31, 2026

### WELCOME *(Connecting with each other)*

Anger is a common emotion, felt by all of us at one point or another. Share a story with the group of the time when you were the angriest that you can ever remember, and God helped you. What was the result?

### WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer inviting the Spirit to lead your time of discussion about healthy anger. Praise the Lord! In Jesus, we have all we need to not sin when we feel angry.

Romans 6:11, 14 (The Message) From now on, think of it this way: Sin speaks a dead language that means nothing to you; God speaks your mother tongue, and you hang on every word. You are dead to sin and alive to God. That’s what Jesus did. ... Sin can’t tell you how to live. After all, you’re not living under that old tyranny any longer. You’re living in the freedom of God.

Colossians 3:9b, 15 (NTFE) You have stripped off the old human nature, complete with its patterns of behavior, and you have put on the new one – which is being renewed in the image of the Creator, bringing you into possession of new knowledge. ... Let the Messiah’s peace be the deciding factor in your heart; that’s what you were called to, within the body. And be thankful.

### WORD *(Letting God speak to us)*

1. Anger is neither good nor bad. What do you think it is about anger that lends a negative connotation to most references to it?
2. **Read Psalm 4:4a and Ephesians 4:26a.** Paul, in his epistle, quoted from the psalm. Based on these verses, is anger a sin? Relate your answers from question number one to these two verses.
3. Several examples were given in the sermon, from the Old Testament, about how God became angry with people. What was at the heart of His anger? What other emotions might He have been feeling, in addition? Can you think of other examples that weren’t mentioned?
4. **Read Matthew 5:21-22a.** Jesus was setting the bar for our conduct. Why do you think He was setting it so high? Additionally, Jesus was correcting what the teachers of the Law “had heard.” What do you suppose the teachers of the Law were doing that needed corrected?
5. **Read Mark 3:1-5 and John 2:13-17.** In these passages, we see that, not only is Jesus angry, but he also acts on His anger. What was it that caused Jesus to be so angry? Discuss how Jesus’ actions were righteous and did not amount to sin.

6. There are three outcomes of human anger. (Do you remember what they are? Hint: one of them is long-term.) What are some of the dangers of carrying anger around with us?
7. People typically respond to their anger in one (or more) of four ways: the exploder, the actor, the stuffer and the passive/aggressive. As you are comfortable, share with the group which way (or ways) you most often express your anger.
8. **Read Colossians 3:1-2.** According to these verses, what is the best way to deal with anger? Are there other verses you can think of that might offer similar support in overcoming anger?
9. **Read Colossians 3:8.** Look at the first three items in this list. They are all related, but each contains its specific meaning. What are the similarities and differences? (Hint: some translations, wrath is rage.)
10. Sometimes events happen in people’s lives that cause them to be angry with God. Do you think this is acceptable? Why or why not?

### WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: Be angry and do not sin.** Anger is an emotion that has been given to us to help express what we’re feeling when we have been hurt, frustrated, or experienced an injustice. God has demonstrated for us what anger without sinning looks like, as well as mercy for those who have contributed to one’s anger. Though He is perfect, and we are not, He is the model after which we are to pattern ourselves. If you don’t really struggle with anger, praise the Lord and ask Him to help you keep it that way. If anger is something that you struggle with, and you find it difficult to get angry without sinning as a result, take it to God in prayer. Ask Him to help you with the problem. Meditate on 2 Corinthians 10:5, and take every thought captive to Christ.

### WORLD *(Embracing God’s heart for others)*

A life transformed after 41 years! Mr. Jean Alexis, a faithful teacher at Christ for All School in Fonds-Parisien, Haiti, became a Christian over Easter. Known for his dedication and integrity, he has impacted generations of students. Yet, despite working in a Christian school where faith is part of daily life, Mr. Alexis had never accepted Jesus as his Savior. But now, he has given his life to Jesus and been baptized. His story is a powerful reminder: it is never too late. Haitian Christian Mission is thankful for the faithful witness of pastors, teachers, and staff who continually share the Gospel in schools and communities. We rejoice that seeds planted over many years are bearing fruit, reminding us that God is always at work, even when we cannot see it. Pray that God will continue to strengthen and encourage pastors, teachers, and leaders as they serve with HCM. Pray for Christ for All School and all HCM schools, that they would continue to be places where both education and transformation happen. (April 7, 2026, HCM missions update, email version.)

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