



“Dealing with Anger”
Proverbs 15:1-18 (NLT)

Small Group Questions - week of 8.4.25

Read Proverbs 15:1-18

- Why Am I So Angry?
 - John Piper said it best: “Our emotions are a gauge, not a guide.” What does this mean? Is this true? Can you see truth in this reality in your own life?
 - Our anger points to something deeper within us. What are examples of deeper issues within us that cause us to get angry?
 - “Anger results when our internal expectations don’t match our external reality.” Share a time when you realized this in your own life.
- Righteous vs. Unrighteous Anger
 - What are some of the differences between righteous anger and unrighteous anger?
 - Is there ever an instance when it is justified to be unrighteously angry?
 - Anger affects you physically, emotionally, and spiritually. Discuss how it does in all 3 facets of your health.

Discuss these practical applications below:

- Be honest with yourself.
- Seek counseling if necessary.
- Allow God into that area of your life.
- Realize it is a process.
- Don’t expect everyone around you to truly believe you have changed until a lot of time has passed.
- Don’t allow it to become your identity.

Announcements

> Up Sunday this Sunday! All grade levels move up. Taco bar after church.

>> SAVE THE DATE! Small Group Trivia. Sunday, 8/24, 5:30-7:30!

>>> Fall 2025 – Small Group event at the lake. More info to come.