

Resources for a Change

Community Groups and *Connections* take a break after this week, but the *Anger* series continues. Here are resources you can use to further address this issue in your life. We used these and other resources for this study.

- *Uprooting Anger* by Robert Jones. This is a practical and biblical description of anger in our lives and how to deal with it. Pastor Jones writes, for example,

Our anger comes from sinful desires that rule our heart. And those desires are often not for bad things, but for good things we want too badly. (page 52)
- *Redeeming Anger in a World Gone Mad* (audio). We recommend these talks from a conference hosted by CCEF—the Christian Counseling Educational Foundation. Go to www.ccef.org and search “redeeming anger” to access workshops such as “Angry Teens,” “Anger and Marriage,” and many more.
- *The Miracle of Life Change* by Chip Ingram. This book unpacks how God really changes us and addresses common struggles in our lives. He addresses anger specifically in two key chapters.
- *The Peacemaker* by Ken Sande. So much of our anger involves our relationships with other people. Ken Sande addresses anger, forgiveness, and steps to reconciliation in *The Peacemaker* and other related books. They’re well worth reading.

Even though our Community Groups relax their regular meeting schedules for the summer, you’re still connected! Talk with a friend in your group or your leaders about a struggle with anger. Also, we can recommend a Christian counselor if you or a family member is dealing with ongoing, destructive anger. Talk with any of our pastors on Sunday or contact us during the week at the church office.

Why does it seem like our kids hit the teen years and get angry? Not every child, but far too many. Dan said in this message series that it’s not enough to tell our teens, “Stop being angry!” Their anger arises from real situations that they’re in-terpreting a certain way—rightly or wrongly—and then expressing in good or bad ways. We do best as parents when we calm down ourselves then talk with our teens about what is upsetting them and how they’re interpreting what’s happening.

ANGER AND CHANGE *Anger series*

Transforming Anger

God is not looking for us to stop getting angry altogether. Rather He wants our anger to increasingly move toward godliness and away from selfishness. That's the target we need to have in our sights. Pastor Dan

1. Why do you think Dan said that eliminating all our anger cannot be our goal? What would our lives be like if we never got angry about anything?
2. How do you tend to express sinful anger? Check one and give a recent example.
 - ◇ Revenge
 - ◇ Jealousy
 - ◇ Complaining
 - ◇ Criticism
 - ◇ Cynicism—"Whatever . . ."
 - ◇ Isolation/indifference
3. In what ways have you tried to control your anger up to this point? What has worked? What hasn't?
4. How have you tried to justify or minimize your anger? What has your spouse or others said to you about it?
5. What do these New Testament verses teach about our bad anger and how to deal with it? Do you see any common themes?
 - Matthew 5:21-26—
 - Colossians 3:1-10—
 - Ephesians 4:22-32—
 - James 4:1-3—
6. Describe a real life situation in which you could slow down and ask yourself how you are interpreting what provoked you to anger. How do you think your response would be different?
7. How especially can your group pray for you regarding anger in your life?

What causes fights and quarrels among you? Don't they come from your desires that battle within you? James 4:1