



groups | DISCUSSION GUIDE

Short Fuse

WARM UP

What is one of your pet peeves? Why?

SET IT UP

One of the most powerful human emotions is anger. Rightly directed, it can work to solve injustice or meet the needs of the oppressed. Wrongly directed, it can destroy relationships and break hearts. Proverbs warns us about the dangers of anger that goes underground, as well as anger that explodes. The solution to anger is to express it in appropriate, healthy ways.

CHAT IT UP

- 1. What are some triggers that make you angry? Why?**
- 2. What makes you righteously angry? Why?**
- 3. Mark listed three different types of anger - The Trash Compactor (stuff it down until it stinks), The Volcano (explosive anger), and the Stealth Bomber (save it to get even later). Which of the three are you most like? (people can be combinations of both)**
- 4. Read Ephesians 4:26-27. Make some observations about anger from these two verses.**
- 5. What does Paul want you to do with you anger?**
- 6. What are the consequences of not handling your anger properly?**
- 7. 4 steps were given to handle anger properly in the moment - Pause, think, respond, bless. Which of these is the easiest for you? The hardest?**
- 8. Create an action plan for the next time you get angry. Be specific and practical!**

WRAP IT UP

To one degree or another, we have all felt the consequences of poorly handled anger. We as culture are angrier than ever. The solution to our anger is found in practicing God given wisdom. Pray to God that He will give you the wisdom to learn how to deal with your anger in a Godly manner.