

## **REFLECT**

- What are some essentials that you have learned that will assist you in dealing with conflict?
- What needs to happen in your life regarding possible anger you feel about past offenses inflicted upon you?
- How can you “bury the hatchet”, and never retrieve it again?

### **Action Item:**

- Go to Google and google all Bible passages dealing with anger, you will be amazed!
- Read each one and ask the Holy Spirit to give you power to learn from and implement each one, knowing that at times you will fail, Jesus pardon will lift you up just the same.



# **Get Over It**

**All-In Series**  
**September 25 - October 23, 2016**

**Week Four**  
**The Fires of Anger**

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## **OPEN**

If you are willing, share a time with your group when anger got the best of you, and if it had a powerful negative impact on those around you?

- How did you deal with it after you “blew your stack?”
- What or who helped you deal with it, and how?

## **DIG**

### ***Read Proverbs 19:11***

- Why do you think this says that it is to His glory to overlook an offense?
- Where does patience come from according to this verse?
- Where does wisdom come from? How do we get more wisdom?
- How can memorizing Scriptures about our anger help us with anger in the heat of the moment?

### ***Read Proverbs 15:18***

- How does a hot-tempered man or woman stir up strife?
- “If you have a short fuse, if you’re always losing your temper, if you’re walking around with a chip on your shoulder, if you’re looking for somebody to say something that will irritate you, then you are going to have a trail of hurt feelings and unhappiness.” (“Melvin Newland”)
- How does one who is slow to anger quiet contention? How does the term, “let cooler heads prevail” apply to this verse?
- Share a time when someone showed great restraint in a heated moment to quiet a contentious situation. What did you admire about that person? What did you learn from that person?

**Will Rogers:** “Whenever you fly into rage you seldom make a safe landing.”

**Chuck Swindoll:** “I got so angry that I gave him a piece of my mind. Lord it was a piece I couldn’t afford to lose.”

**Proverbs 18:13** says “He who answers before listening, that is his folly and shame.”

- Christian counselors will often teach couples in conflict how to sincerely listen to each other to ward off anger. One technique they teach is effective listening, which is basically parroting back what the other person said before saying what you want to say. Why do you think they teach this? Why in most cases is this technique very helpful? How can it help you in warding off anger when you are in conflict with someone else? How is this affirming what Proverbs 18:13 says?
- Sometimes we say that we just can’t control our temper, but that we are engaged in a heated discussion with someone and our voice gets louder and louder. The telephone suddenly rings and we calmly say, “hello”. We can control our temper and anger, but we need the Lords help.

**The good news is this:** Jesus death on the cross enables us to be forgiven for anger getting the best of us. His Holy Spirit gives us power to put sinful anger to death daily by sorrow over our sin and humble repentance. Each day Jesus’ blood cleanses us! Each day Jesus goes with us to give us His self control in the midst of situations that normally would make us lose control. With Christ’s pardon and power, anger does not have to reign over us. Thanks be to God! (Pastor Dave Ahlman.)

Discuss this statement:

- What is your reaction to it?
- How does it comfort you?
- Why is it truly good news?
- Why is Christ’s death and resurrection the “ultimate antidote” for a fierce temper?