

Questions:

1. What are some things that tend to make you angry? Why do they make you angry?
2. Do you think it is always wrong to get angry? Explain your answer.
3. Read Ephesians 4:1-3. How might applying these verses help us when we are angry?
4. Read Ephesians 4:26-27. Give some examples where we can be angry without sinning. Have you ever seen anger used constructively?
5. Read Ephesians 4:31. How is it possible to do what Paul is instructing us to do here?
6. Read Psalm 4:4; James 1:19-20; Romans 12:19 and Proverbs 15:1. What can we learn from these verses that might help us when we are in a situation that makes us angry? What are some other practical things you have done to deal constructively with your anger?
7. How might you apply tonight's lesson to your life?