DEADLY
Anger

THE DANGER OF ANGER:

- Anger distracts us.
- Anger is infectious.
- An anger-infected and distracted heart begins to turn from being FOR people, to being AGAINST people.

THINKING POINTS

1. We all struggle with anger at different times. Have you ever experienced a moment time when you were so angry that you wouldn't have even recognised yourself in the mirror?

2. Would others close to you characterise you as an angry person? Why or why not?

3. Jesus raises the bar and holds anger to the same level as murder... Why do you think He does this?

4. Where have you experienced or seen anger distract from whats really valuable in our lives?

5. Ephesians 4:26-27 "In your anger do not sin: Do not let the sun go down while you are still angry and do not give the devil a foothold."

   Share an example of how we give the enemy a foothold when we hold onto anger? How have you personally seen anger infect your heart?

6. Is your anger allowing others to have a degree of control over your attitudes and decisions? If so, how much do you want this control to end?

7. In what ways do you think our families, communities and friendships would change if we were imitators of God?

VERSE REFERENCES

- Matthew 5:21-24
- Ephesians 4:26-27
- Ephesians 4:31-32
- Ephesians 5:1-2