

EMOTIONAL HEALTH

HOW WHAT WE FEEL
IMPACTS HOW WE LIVE

PART 4: ANGER

Most of us have been in situations where our anger got the best of us. Nobody wants to be controlled by anger, and the good news is we don't have to be.

WIN

To learn how to control our anger and not let it control us

CONNECT

Take a few minutes to discuss: How do you typically respond to frustration or disappointment? Do you internalize it or are you more prone to outbursts?

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, We don't want anger to be in charge. We need your help and help from others when anger starts to rear its head in our lives. Amen.

After praying, watch the video for Part 4.

APPLY

Discuss the following questions as a group:

1. Can you recall a specific incident when your anger negatively affected those around you? What happened?
2. How do you feel about asking others how they experience you? How comfortable are you asking someone, "When I'm frustrated or angry, what's it like to be on the other side of me?"
3. Read **Ephesians 4:25–27**.
 - How is verse 25 foundational to how we should think of anger?
 - What do verses 26–27 tell us about anger?
4. Read **Ephesians 4:31–32** aloud and reflect on what it says about how we should handle anger. Do the same for **James 1:19–20**.



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5. Do you have any strategies or habits in place to manage frustration and disappointment in healthy ways? If so, what are they? Did any of the techniques in the video (rest, stillness, exercise, limiting screens) resonate with you?
6. In order to be the best version of yourself to those around you, what steps could you take to prevent anger from controlling you? What would be the benefits of those changes? What's at stake if you don't make any changes?

PRAY

Spend some time praying as a group to close your meeting. Ask God to bring it to mind when anger is starting to take control and for his strength to deal with it.

ADDITIONAL RESOURCES

- *Soul Care* by Rob Reimer
- *Soul Keeping* by John Ortberg
- *Voice of the Heart* by Chip Dodd

