

KILLING WHAT'S KILLING YOU | WEEK 3: BITTERNESS/ANGER

JANUARY 27, 2019

SERMON STUDY

Dive deeper into this week's message and passages from the Bible. Here are some questions to help you guide your group discussion.

All of us have the capacity to get angry. The bible doesn't prohibit anger—it's a very real emotion! But we have to learn to express anger in a healthy way, or it will lead to bitterness. And *there's no healthy expression for bitterness*. It's just toxic.

Read Hebrews 12:15, Proverbs 14:10, Matthew 16:21-25 and Matthew 26:47-53. Bitterness is the result of unresolved, unforgiven anger and resentment built up over time.

- Jesus teaches us how serious anger is. He also offers a description of anger that sheds light on the fact that when we get angry, we are looking at things through a limited perspective. God has a view of the circumstances of our lives that we don't have. How does this impact or change the way you think about anger?
- Is there any unresolved anger in your life that has allowed bitterness to take root? Share with your group.
- Anger isn't wrong. It's an honest, healthy emotion. But unresolved anger allows the poison of what happened to you get into you. Bitterness is an emotional cancer.

Read Galatians 5:19-20, Proverbs 14:17, Ephesians 4:26. The root of all anger is that we didn't get something we wanted.

- The bible shows us that some ways we express anger include outbursts, revenge and the silent treatment. How do you tend to handle anger?
- How do you know the difference between anger that is healthy and anger that precedes bitterness?
- In what ways have you seen anger lead people (including yourself) to sin? What kinds of sin
- come from being angry? (i.e. gossip, violence, lying, etc.)

Read Ephesians 4:31, Proverbs 15:1, Proverbs 16:32 and Galatians 2:20. Jesus offers a way out of anger.

- The bible shows us, too, how to manage anger including seeking to understand, de-escalating the situation, presenting an observation rather than an accusation and continually choosing to forgive. What are some of the ways you manage anger well and why? Which of these ways do you need help in doing better?
- How does it help you to hear that forgiveness is a choice, not a feeling; a choice to forgive the way God has forgiven you?
- We keep wanting to change our circumstances, and God keeps wanting to change us. What is something you could do this week to start taking continuous action against anger and bitterness?

REFLECT

What is God saying to you through his word? How and when will you respond?

DAILY BIBLE READING

Need a review of what we're reading in Daily Bible Reading? Here's a glance at how we're being challenged this week. (Subscribe at: tpcc.org/dailybiblereading)

Day One: Bitterness is an emotional cancer.

Day Two: The root of all anger.

Day Three: Jesus offers a way out of anger.

Day Four: Anger that precedes bitterness.

Day Five: Free to live and love.