



Punched – Anger
Sermon Discussion Questions – September 25th 2022

Scripture Passages:

Proverbs 29:22 An angry man stirs up dissension, and a hot-tempered one commits many sins.

Proverbs 14:17 A quick-tempered man does foolish things...

James 4:1-2 What causes fights and quarrels among you? Don't they come from your desires that battle within you? ²You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

Psalms 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Matthew 16:21-25 From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, chief priests and teachers of the law, and that he must be killed. Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!"

Jesus turned and said to Peter, "Get behind me, Satan!

You are a stumbling block to me; you do not have in mind the things of God, but the things of men."

Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will find it."

Psalms 37:4 Take delight in the Lord, and he will give you the desires of your heart.

Warm Up:

This week's message focuses on the topic of anger. For fun, take a few minutes to share a story about something minor or trivial that made you angry? Do you have any funny stories like Pastor Scott's wrestling story about someone else misdirecting their anger at you?

Discussion:

1. As Pastor Scott brought up the topic of anger what are some things that you can think of that most commonly bring up anger for people? What things may we struggle with internally that could lead to anger?
2. Read Proverbs 29:22 and Proverbs 14:17.
What do these passages teach us about anger? How might knowing these warnings impact the way we handle anger in our lives?
3. Read James 4:1-2.
According to this passage, what is causing anger in our lives? What do you think it means to have desires that battle within you?
4. Pastor Scott shared that one of the causes of anger is when we "want something but don't get it."
How might wanting something and not getting it result in anger in our lives? What are some times when you have seen someone experience anger as a result of an unmet desire?
5. Look back at James 4:1-2.
How does James suggest we handle our unmet desires? What might it look like to handle our desires in this way rather than getting angry?
6. In his message, Pastor Scott made these comments, "Anger is more about you than it is about them.... We keep wanting to change our circumstances. God wants to keep changing us."
What might God want to teach you about yourself through your anger? Think about a situation that is currently causing anger in your life. How might God be inviting you to change or what might he want to teach you through this situation?
7. Look at Psalm 139:23-24.
How might praying this prayer impact the way you handle anger in your life? Now take just a few minutes to read these words slowly and pray this over your own life. Is there any area of anger that God is speaking to you about as you pray these words?
8. Read through Matthew 16:21-25.
What solution do these verses offer us for handling our anger or for allowing God to transform us? What might it look like to actually live out the challenge that Jesus gives to his disciples?

Next Steps:

Toward the end of his message, Pastor Scott offered some challenges to us as we follow Jesus. He said I must...

Deny myself...Put Jesus first -find delight in his way

Take up my cross...die to self everyday

and it's then and only then that you can follow Jesus.

What are some things in your life that God is asking you to deny yourself of? And what is one way you can put Jesus first?

What might it look like to die to yourself?

Look back at Matthew 16:21. If we follow Jesus' ways, he says if we lose our lives for Jesus we will find them.

Take some time to pray a prayer of surrender. Invite God to take every area of your life, to speak to you through your anger, your pain, and to help you give up your life that you may find it in him in new ways this week.