

WK 4 - MAY 23

SELF-RIGHTEOUS ANGER

JESSE TINK, EXECUTIVE PASTOR OF LEADERSHIP



INTRODUCTION

This week in our *Triggered* series, Pastor Jesse talks about self-righteous anger, which makes us feel we're justified for being angry or have a "right to be angry." While anger can develop out of good intentions, the way we handle it can sometimes lead to unintended consequences, including a breakdown in our relationships within our Little Iowa.

DISCUSSION

1. This year has brought up strong emotions for many of us, emotions that have led to anger, resentment and even contempt. Make a mental list of a few things that got your blood boiling. Pick one or two to share with your group.
2. Discuss why (as a culture) we agree that it's ok to get angry. Then, compare this attitude to Jesus' anger. Are you getting mad about the kinds of things Jesus got mad about?
3. How do your frustrations and/or anger reflect on the Kingdom of God? Is there anything you could do differently?
4. Scripture says that while we were sinners, Christ died for us. Discuss how that helps us be "quick, slow, slow": quick to listen, slow to speak and slow to anger.

TAKE ACTION

1. As a group, spend time in prayer asking the Lord to show you any areas where you might need to rethink your anger.
2. Every day this week, spend time reading and reflecting on Psalm 139:23-24. As you read, pray the verses as if they were your own request to God.
3. Even if you had good intentions, self-righteous anger can lead to relational tension or even broken relationships. If your anger has caused friction in a relationship, take the step this week to repair it by humbly asking for forgiveness.

RESOURCES

Anger by Gary Chapman

Uprooting Anger by Robert D. Jones

Overcoming Emotions that Destroy by Chip Ingram & Dr. Becca Johnson

Slow to Anger podcast series by The Bible Project