



Anger: Myths about Anger

Matt VanCleave
November 6, 2022

REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- I will declare, "Enough! I have enough. God, I'm trusting you with what I have."
- I will put a stake in the ground, and become a generous person, starting today.
- I will tithe — give ten percent of my income back to God.

THIS WEEK'S SERMON RECAP

What makes you angry? Perhaps it is something as small as a stubbed toe or as big as a disloyal friend. How long does your anger last? Does your anger appear and disappear in the blink of an eye, or does your anger burn in your mind for years? Over the next few weeks we are going to be looking at anger, answering if anger is Biblical and how we walk with our anger.

The easiest way to mismanage anger is not taking responsibility for it — blaming it on external circumstances or explaining it away as something we can't control. Yet we know it's not the circumstance that causes anger, it's our interpretation of the circumstance that causes anger.

The challenge this week will be to become a person who gets angry with the right person, to the right degree, at the right time, and for the right purpose. By examining four myths about anger we will learn all about our anger and how we can manage it so that we do not give the enemy a foothold into our lives because of mismanaged anger. Join us as we uncover and explore anger.



Anger: Myths about Anger

Matt VanCleave
November 6, 2022

DISCUSSION QUESTIONS

1. Have you ever seen the film *Inside Out*? It is a kid's movie and the main character are emotions like joy, sadness, disgust, and anger. If you had to choose one emotion, what would you say you experience the most? Do you consider yourself someone who experiences anger regularly?
2. Have you ever been hurt by someone else's anger?
3. Matt starts with a quote from Aristotle, "Anyone can become angry; that's easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, in the right way — that is not easy." What do you think about this quote? Do you find it challenging? Do you think everyone has an anger problem?
4. Read Ephesians 4:26 and James 1:19. What does this verse reveal to you? Do you think you can be angry and not sin? When does anger become a sin?
5. Matt talks about four anger myths, the first myth is that *my anger is caused by external circumstances*. The myth is this idea that events, people, or objects cause us to be angry when the truth is that our response is what brings about anger. What do you think about the myth of external circumstances? How does this myth change your understanding and approach to anger?



Anger: Myths about Anger

Matt VanCleave
November 6, 2022

DISCUSSION QUESTIONS

6. The second myth is *I just can't control my anger*. Matt notes that managing your response to anger is learned. Who have you learned from when it comes to controlling anger? God expects us to manage our anger, how does that change your actions when anger comes up? Read out loud Proverbs 29:11. What stands out to you in this verse? Does this verse add to your understanding of God in any way?

7. The third myth is that *the best way to handle your anger is to ventilate it*. Why is it that we think this about anger? Have you ever been hurt by someone else's ventilation of anger? How does recognising this myth about anger impact you?

8. The fourth myth about anger is that talking it out with a third party makes you feel less angry. In this pattern you find a person you know with sympathise with your anger, but you don't release your anger you rehearse it. Why do you think rehearsing your anger like this is harmful?

9. Matt throws in a bonus myth, never feeling angry is a sign of spiritual and emotional maturity. Why do you think this is a myth? What does it teach you about anger?

10. What myth do you need to work and focus on this week?

