



# Anger: The Ultimate Weapon Against Anger

Matt VanCleave  
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## REVIEW LAST WEEK'S NEXT STEPS

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

- I will memorize Proverbs 14:17 to reroute my thoughts when angry.
- I will stop when anger begins to surface.
- I will practice saying, "I could be wrong" this week.
- I will ask, "Why am I angry?" and "What do I want?"
- I will seek to understand the person I'm angry with.
- I will follow these five steps when dealing with the person I'm angry with.

## THIS WEEK'S SERMON RECAP

Over the last few weeks we have been discussing anger; we have learned about how it arises in us and how we can systematically walk through our anger in 5 steps. This week we are continuing to talk about anger, learning about what our ultimate weapon can be when anger arises.

Finding weapons is a theme in many of the Biblical texts. Sometimes those weapons seem strange, like when the weapon for the Israelites was walking and yelling at Jericho or when David picked up a small rock and a sling when he faced a giant. This week we are engaging with an effective and yet odd weapon for anger. With our weapon we can face any wall, any giant, and find success as we fight anger alongside God.



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## DISCUSSION QUESTIONS

1. What have you learned about anger so far in this series? Anything surprise you so far?
2. Read Matthew 18: 21-35 out loud. What is one word or phrase that stood out to you in this passage?
3. In this parable Jesus tells us two stories of debtors. What does the difference between the two show you about God? Why do you think Matt retells this story to talk about the ultimate weapon against anger?
4. Matt said that forgiving others means taking on our cost in our lives, just like the characters in this parable. What does forgiveness cost you? Have you ever experienced a time in which forgiving someone else cost you a tremendous amount?
5. In relation to this parable Matt notes that, "God really does forgive, recklessly, extravagantly, with abandon, without regard to cost. And the place that ultimately expresses God's forgiveness is the cross." What do you think it means for God's forgiveness to be characterised in this way? Would you say that your forgiveness of people in your life takes on the characteristics of God?



