

Sermon Supplement from August 25

Proverbs #11 – Anger

WARM UP

- Search the book of Proverbs for five different verses that talk about Listening.
- How well do you listen? (Score yourself from 1 to 5.) What would make you a better listener?
- If the goal of Proverbs is not simply to make you do better things, but to change your mind, how could that happen?

DIG IN

- How does man's anger (Proverbs 27:4) differ from godly anger (Eph. 5:26)? How do we distinguish between the two?
- What examples come to your mind regarding a hot-tempered person? (Proverbs 19:19) How have you "handled" a person with such anger?
- Proverbs tells us not to make friends with the hot-tempered person. (Proverbs 22:24-25) What can you do if you find yourself around them at work? How do you protect your heart and mind?
- Describe the places in your life and home where anger has shown up. How "normal" was this in your family? If there was anger, what excuses were given to explain it?

WRAP UP

- Read 2 Corinthians 10:1-6. Have you ever stopped to consider if you might have strongholds in your life? Write down specific areas of struggle.
- Attacks come from the lust of the flesh, the lust of the eyes, and the boastful pride of life (1 John 2:15-17). Connect your sin-struggles with one of these attacks.
- Write down your first step in repentance (a change of mind).
- How defensive are you feeling?
- Find a friend to discuss these passages.

RESOURCES

[Overcoming Emotions that Destroy: Practical Help for Those Angry Feelings that Ruin Relationships](#) by Chip Ingram