

NOTES

I HAVE A RIGHT TO BE ANGRY EPHESIANS 4:25-27, 29-32

Introduction

1. A _____ Light

2. A Settled _____

3. An _____ Door

4. A Vicious _____

5. A _____ Coach

6. A Compassionate _____

DISCUSSION QUESTIONS FOR FAMILY, FRIENDS & GROUPS

- 1 . Describe a time when you were angry due to fear; due to frustration; due to hurt. Why is it helpful to trace your anger to its roots?
- 2 . How might we avoid going to bed angry? Why is that important to do?
- 3 . How does anger open the door to other sins in our lives?
- 4 . What should be the goal of everything that comes out of our mouths?
- 5 . Why does our anger grieve the Holy Spirit? Why is that not a good thing?
- 6 . How does a relationship with Jesus help us deal with anger?