

Slow to Anger: what to do when you're getting mad

Deep End Faith | April 24, 2022 | James 1:19-21| Mike Foster

Anger = Our active response of judgment against perceived evil, rising from a hot displeasure of the heart and calling for just retribution or repayment.

*adapted from definitions in Uprooting Anger by Robert D. Jones, pages 15-18

- Renew peaceful habits – Be quick to listen, slow to speak, and slow to anger

Because human anger does not produce a righteous harvest

- Receive the word planted in you

By putting off sin

Through humble acceptance

Because it will save you from a harvest of misery

How do you know if your anger is righteous or sinful? Righteous anger always...

1. Responds to actual sin, not just perceived sin
2. Focuses on God's concern, not just my own concern
3. Is accompanied by other godly qualities, such as love and patience (Galatians 5:22-23)

*For more on righteous anger see this article by Pastor Foster:



GROUP DISCUSSION QUESTIONS

1. What stood out to you most from the message?
2. How many times would you say you have been angry this week? Today? Can you describe the time when you were most angry in the last week or month?
3. Why do you think God packages together these three phrases: quick to listen, slow to speak, and slow to anger? How do they work together as a package? Specifically, how might being quicker to listen and slower to speak help us to have a longer fuse?
4. In your own words, summarize what we learned about the difference between righteous anger and sinful anger. (Consider Ephesians 4:26 along with James 1:19-21.)
5. Read Proverbs 10:19, 16:32, and 29:11, along with Matthew 5:21-22. What do you learn about the dangers of anger from these verses?
6. How might you respond to the idea that it is more authentic or healthy for someone to give full expression to their emotions of anger?
7. In what ways have you experienced some of the miserable harvest that anger can bring?
8. Read James 3:17-18. What is one step you can take today that will lead you toward reaping a harvest of righteousness?
9. Read 1 Peter 2:23. What do we learn about Jesus from this verse as it relates to our responses to anger? How might Jesus enable us to respond to situations more like He did?
10. Read 1 John 1:8-10 and James 5:16. According to these verses, what happens when we confess our sins? Are there any sins you need to confess to God or one another?

FOR FURTHER REFLECTION

Read Proverbs 10:19, 16:32, 29:11, Ephesians 4:17-32, Colossians 3:1-17, 1 Peter 1:22-2:3

Read "The Ineffectual Work of Human Anger" – www.biblicalcounselingcoalition.org/2020/04/13/the-ineffectual-work-of-human-anger/

Watch "Overcoming Anger with God's Strength" – www.youtube.com/watch?v=UWpjr8XL8oc

Listen to "Firm Foundation (He Won't)" -

www.youtube.com/watch?v=x9ndiD0_qNk

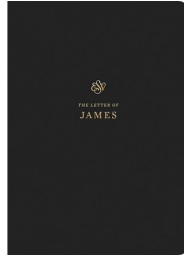
Read *A Small Book about a Big Problem* by Ed Welch

Read *Good and Angry* by David Powlinson

How to Connect with James deeper:

- **Study -**

Read James once a week until Easter – pick up one of our Scripture Journals to help you.



- **Memorize -**

Memorize James using the Scripture Memory Fellowship App.

Aim for one verse – James 1:2 or 1:25

Aim for one passage – James 1:2-4

Aim for 10 key passages – James 1:2-4, 1:13-15, 1:19-20, 1:22-25, 2:1, 2:26, 3:9-10, 3:17-18, 4:7-8, 5:16

Aim for one chapter – James 1

Aim for the whole book?!



- **Join -**

Join or start a small group to discuss James: If you'd like to start one, please send an email to forcey-office@forcey.org



- **Invite -**

Prayerfully invite someone else to join us in our study of James – use our invite cards

- **Pray -**

Make a habit of kneeling in prayer, like James. Pray for wisdom from God.

Pick up a wristband to remind you that your faith was made for the deep end