



Anger

Psalms 78, 109

- What makes you angry? (Consider objects, circumstances, and people) How do you generally express that anger? How do people around you respond to that anger?
- Do you think of anger generally as a positive or negative? Why? Do you think there are times when it is right to be and/or express anger? When? How?
- Do you think of God as angry? Do you think that is an accurate description of God? Why or why not? Look through Psa 78. Does this change your understanding of God and his anger? Why or why not?
- Read through Psalm 109. How would you describe the emotional state of the writer? What would you point to in the text that highlights that?
- Do you think the author of Psalm 109 is right to feel the way that he does? Why or why not?
- Is there righteous anger? Can you think of an instance or occasion that you should have righteous anger? Is there anyone or anything that restrains it?
- What could characterize unrighteous anger? Read through James 4:1-3. What does it say is the source of anger and fights? Look back at your answer to the first question. What are some of the passions that might be driving that anger? Is it righteous or unrighteous?
- How do you normally deal with your anger? Read Psa 4:4, 37:7-8. How might this change the way you deal with anger?
- If you were to do one thing this week to deal with your anger what would that be? Involve both the scriptures and your group in that consideration.