

APPLICATION QUESTIONS
Applying this message to everyday life

1. If you are angry and struggling to forgive, what's one thing you can do this week to move in a healthier direction?

2. The next time you feel anger rising in you what can you do to "put off the old and put on the new"?

3. Forgiveness is often a process in the 4 phases. Which phase is most difficult for you? Which do you want to tackle and how can this group help you? (Identify, Determine, Cancel, Dismiss)

4. Break your LG into small groups or 2 of 3 (men with men, women with women). Share your specific challenges with anger and forgiveness and then ask God to give each person victory over destructive anger.

What Lies Beneath
Anger
Ephesians 4:22-32

GateWay Bible Church
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What Lies Beneath-Anger

Ephesians 4:22-32

- A. A confusing _____—"Be _____, don't sin"
 1. Sinful anger: _____ the wrong things or the right things out of proportion
 2. Sinful anger says: "You _____ me." -*Andy Stanley*

- B. Paul's _____ to sinful anger—a new _____
 1. Take off the old, put on the _____ and get rid of anger
Recognize you are "first _____, second sinned against"
Resign as _____ of the universe and resolve anger quickly
 2. Make the decision to _____
Forgiveness _____ the debt without condition
Forgiveness _____ you from the past and _____ you from corruption

*It will cost you more to _____ the debt than to cancel the debt

- C. The _____ of forgiving
 1. _____ who you are angry with
 2. _____ what they owe you
 3. _____ the debt
 4. _____ the case

GETTING-TO-KNOW-ME QUESTIONS

Sharing time to get your group started

- A. Share one of your favorite movies/songs of all time. What makes this movie/song so special to you?

- B. If you had one week to do anything you wanted in the next 6 months, what would it be?

- C. Share one of the most ridiculous stories you've experienced of a person becoming angry. Why did the person think the issue was such a big deal?

LIFE GROUP HOMEWORK

Jot down a brief answer to the following four questions

Quick Review

1. As you reflect on Sunday's sermon, what is one principle or insight that stands out as being particularly helpful, insightful or difficult to grasp?

2. When it comes to anger do you stuff, spew or leak? What do you think of this statement: "Anger says: You owe me?"

3. Read Ephesians 4:26 & 27. When is anger righteous? When is anger sinful? What happens when you don't deal with sinful anger?

4. Read Ephesians 4:31-32. How is forgiveness the key to getting rid of anger? Why do you think we struggle to forgive?

5. Read Matthew 18:21-35 What is Jesus telling us about forgiveness in this parable?

6. What do you think of the principle: "First sinner, second sinned against?" How does it change your perspective when you focus on how God has forgiven you?