

Life Hacks - Anger

February 25, 2018

READ:

- James 1:19-22
- Proverbs 6:16-19
- Romans 12:9-13

REFLECT:

- What types of things make you angry? How often do you find yourself angry? How does that anger typically get expressed?
- In most cases, do you express anger or repress it? Why do you think that is? Do you have someone in your life that you can confess it to?
- Do you feel like you are someone who listens well? What steps could you take to listen better?
- What can you do to prevent anger from controlling you and allow HS to work in you? How can we stop your mind long enough to turn toward self-control and away from anger?
- What practical things can you begin to do to start slowing down? Why is this so important in our life with God?
- Trevor started out saying "we are all selfish people." What can we do so that our focus is not on ourselves?
- When did Jesus get angry? What was it that fueled his anger? How is that different from what usually makes us angry?

RESPOND:

Monday Morning Application:

- Be quick to listen
- Slow to speak
- Slow to become angry (because our anger does not bring about the right life, that God desires we find and enjoy!)