

## Keeping your Cool

Pastor Don Brock

*Use this guide by yourself, with a friend, or in a group to help you pursue a deeper relationship with Jesus this week!*

### Open

In this week's sermon, Pastor Don helps us see how the Bible says we should respond when we're angry - which can sometimes be difficult for us to discern. Some personalities tend to erupt in anger whenever they feel provoked, and others stuff their anger down in an attempt to ignore their feelings. As we'll see, however, the Bible's view on anger lies in between these two extremes and encourages us instead to realize that anger, like our other emotions, is designed by God to let us know the state of our hearts - so His guidance is more about what we should do when we feel it. To get your group started, let everyone share - when something made them angry as a child, were they more likely to let it out or stuff it down?

#### BIG THOUGHT

Anger is a powerful emotion that can lead to both helpful and/or harmful results - which is why the Bible is clear that we have a responsibility to remain in control of it.

1. Read Psalm 37:8-9. What does the Bible instruct us to do? (v. 8a) Why? (v. 8b) What does it call people who don't control their anger? (v.9a) And what does their anger show about their trust in God? (v. 9b) How can we keep our hope in the Lord when we're upset that He doesn't do what we desire or expect?
2. To see an example of anger that arises out of a desire to protect the vulnerable, read Galatians 5:1-15. What is happening in the church? (v. 2-6) What is the core issue that's so upsetting to Paul - and should it be? (v. 4) What is his tone in v. 7-13? Does this surprise you? Have you ever been moved to action by your anger over someone using their influence to take advantage of another person? What happened?

3. Read Genesis 4:3-8. What is the source of Cain's anger? (v. 5 - read Exodus 13:12 to see the sacrifice that he *should* have brought) How does God try to redirect Cain's heart? Why? (v. 6-7) What do you think God would have done if Cain had brought the correct offering instead of choosing to stay angry? What does Cain decide to do instead? (v. 8) Can you remember being angry as a child because you were corrected for something you knew you shouldn't have done? Share an example.
4. Now read Ephesians 4:26-27. What two issues does Paul separate in v. 26? Does this seem possible to you? Why or why not? For how long should anger be our primary emotion? (v. 26b) What is the danger when we're angry? (v. 27) Let everyone share practical ways we can apply these principles in our day-to-day relationships...
5. To finish, read James 1:19. What three instructions does James give? How can obeying all three of them help us keep us from being controlled by our anger?

### Take it Further

Talk with God and thank Him for the gift of your emotions. Then ask Him for help in understanding your feelings of anger when they arise and for strength to direct them in productive ways.

#### Daily Readings

Day 1: Proverbs 14:29

Day 2: Romans 12:19

Day 3: Proverbs 29:11

Day 4: Proverbs 19:11

Day 5: Ephesians 4:29

Day 6: Proverbs 15:1

Memory Verse: Ephesians 4:26



**GATEWAY**  
BAPTIST CHURCH

1651 Dutch Fork Rd., Irmo, SC  
www.gatewaybc.com