
CGROUP QUESTIONS

OPEN: The Bible has so much to say about anger. Do you have a favorite verse about anger? Share it with your group!

DIG: Anger might be one of the most outwardly visible sins in our main passage, Ephesians 4:31-32. Why do you think that is?

Think about specific situations that might make you angry. Read James 1:19-20. How would it help to focus on being calm and having patience rather than fanning the flame of anger?

Proverbs is filled with wisdom on how to handle the anger of others against us. Read Proverbs 15:1, 15:18, and 19:11. How can these verses help you handle anger that is brought against you?

REFLECT: Read Exodus 34:6. How can God's example of being merciful, gracious, and slow to anger help us in our journey to being more Christ-like? Practice these things this week.