

**HOSTAGE
FREED FROM ANGER**

The BIG Idea Team, Individual and Family Study Guide

Please take time to run through this study guide with your team, on your own, or with your family so that you can further apply and process the BIG Idea.

Big Idea:

Learning to let go of the small things allows us to develop a righteous anger for the things that are important to our God.

Key Verse:

Read Proverbs 14:29 (The Message)

Slowness to anger makes for deep understanding; a quick-tempered person stockpiles stupidity.

The Scoop:

There is a famous quote that says you can measure the size of a person by what makes him/her angry. Sometimes we are pretty small as a result of the many little things that cause us to get upset. Yet, there are things in this world that can cause us to develop a righteous anger toward the atrocities against God and His people. Where do we draw the line?

While the everyday annoyances, bosses, family spats, and road rage drive us to act, as the Bible says, like fools; there are things that we should adopt a strong emotional dislike for. God is angry when people are deceitful, evil, harm others, and speak against the truth.

Learning to control our anger allows us to gain perspective on a situation and react with emotional intelligence. Controlled anger allows God time to work in us and allows us to determine whether or not its selfish anger or righteous anger.

1. Do you think of yourself as a candidate for Anger Management classes? Why or why not?
2. Describe a situation where you have gotten angry and felt foolish afterwards?
3. How do the situations that often make us angry differ from those that make God angry?

What's Next? (take home/further processing/application)

Focus and pray about these three things this week as you interact with people, engage in frustrating tasks, and spend time with God:

- Seek to gain control over our anger and not be controlled by it
- Seek to gain wisdom in a situation and quietly evaluate your emotions
- Seek to align yourself with God and those things that make Him angry