

Group Questions- *Working Faith: Week 7*

07/30/23 – Pastor Kirby

Getting to Know Me Questions:

- What 2 things do you consider yourself to be very BAD at?
- What 2 things do you consider yourself to be very GOOD at?

Into the Bible Questions:

- What's something from this week's teaching that you learned, that stood out, interesting etc?
- 6 Principles to help us stay calm in crisis
- **1. Realize the cost of uncontrolled anger: READ: Proverbs 29:22; Proverbs 14:17**
- How does our uncontrolled anger affect our relationships, career and faith in Christ?
- **2. Resolve to manage it: READ: Proverbs 29:11**
- What are some ways I can choose, in advance, to bring calm into a stressful situation?
- **3. Reflect before Reacting: Read: James 1:19-20**
- James gives us 3 ways to reflect before reacting: Quick to listen; Slow to speak; slow to become angry. How can listening reduces anger?
- Pastor Kirby gave 3 root causes of anger - Hurt, frustration and fear. Which of these 3 causes the anger the most in your life?
- **4. Release my anger appropriately. READ: Psalm 4 and Ephesians 4:26-27**
- Share a time in which you have released your anger in a harsh way and In a gentle way? Did you experience or learn anything from them?
- **5. Re-pattern my mind. READ: Romans 12:2; Proverbs 22:24**
- Do you believe it's possible to change the way your think? If so, why do we not? If not, what has led you to that observation?
- Pastor Kirby gave us 2 things to think about:
 - "I act angry > because I feel angry. I feel angry > because I'm thinking angry"
 - "Our thoughts determine our emotions; our emotions determine our actions."
- What do you think about with one or both of these ideas?
- **6. Allow the Holy Spirit to fill me with the love of God. READ: 1 Corinthians 13:5; Galatians 5:22-23**
- How well we manage our anger and patience reflects our relationship with Christ. What are some ways we can make our relationship with Christ stronger and reflect his love?

Application Questions:

- How will you put these ideas into practice in your decision?
- How can you trust God more today?
- How can we help each other with it?

Question: How do we manage our anger in times of stress?

In our anger we either '**stew or we spew**'

Principles to help us stay calm in the midst of crisis and stress

1. Realize the cost of uncontrolled anger

Proverbs 29:22

²² An angry person stirs up conflict, and a hot-tempered person commits many sins

Proverbs 15:18

¹⁸ A hot-tempered person stirs up conflict

Proverbs 14:29

²⁹ ...one who is quick-tempered displays folly

Proverbs 14:17

¹⁷ A quick-tempered person does foolish things

"Your children do not have the same relationship with you that you have with them." – Andy and Sandra Stanley from their book "Parenting: Getting it right"

Proverbs 11:29 (TLB)

²⁹ The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.

2. Resolve to manage it

Resolve: "To decide firmly on a course of action."

Proverbs 29:11

¹¹ Fools give full vent to their rage,
but the wise bring calm in the end.

3. Reflect before Reacting

To **respond** means to say something in reply.

To **react** has to do with the way in which we respond.

James 1:19-20

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.

How to reflect before reacting

a. Be quick to listen

Why? Listening soothes. Us and others

b. Be slow to Speak

Anger management starts with managing your words.

Proverbs 29:11

¹¹ Fools give full vent to their rage,
but the wise bring calm in the end.

c. Slow to become angry

Proverbs 19:11

¹¹ A person's wisdom yields patience

The more I understand my anger, the more understanding I'll be!

The root cause of anger is one of three things. Hurt; Frustration; Fear

Psalm 141:3

³ Set a guard over my mouth, Lord;
keep watch over the door of my lips.

4. Release my anger appropriately

Psalm 4:4

⁴ Tremble and *[In your anger]* do not sin;
when you are on your beds,
search your hearts and be silent.

Psalm 4:8

⁸ In peace I will lie down and sleep

Proverbs 15:1

A gentle answer turns away wrath,
but a harsh word stirs up anger.

5. I re-pattern my mind.

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

I act angry > because I feel angry. I feel angry > because I'm thinking angry

Our thoughts determine our emotions, our emotions determine our actions.

Proverbs 22:24

²⁴ Do not make friends with a hot-tempered person, do not associate with one easily angered

General domestic violence statistics

- An average of 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States — more than 12 million women and men over the course of a single year.
- 1 in 15 children are exposed to intimate partner violence each year; 90% of these children are eyewitnesses to this violence.
- Most cases of domestic violence are *never reported* to the police.

Proverbs 11:29 (MSG)

²⁹ Exploit or abuse your family, and end up with a fistful of air;

Colossians 3:19

Husbands, love your wives and do not be harsh with them.

6. Ask and allow the Holy Spirit to fill me with the love of God

1 Corinthians 13:5

Love is not easily angered

Romans 15:5-6

⁵ May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, ⁶ so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.

Galatians 5:22-23

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control.

Matthew 12:34

For the mouth speaks what the heart is full of.