

“Boiling Over” | Fury

GETTING STARTED: Describe your best (or worst!) experience with room service or a vending machine. Where were you? What did you order?

EXPLORE THE TOPIC:

1. How is anger like a fire alarm? What is its purpose? What does it mean if it goes off too often?

2. How do the following verses summarize the damage caused by anger? How can anger sabotage our opportunities to influence one person with the gospel message?

- Proverbs 29:11
- Proverbs 29:22
- Proverbs 25:28

3. Review each of the following types of anger. Which of these most reflect how you express anger? Why does anger present itself in so many different forms?

- The Volcano Boil – spew hot lava
- Backpack Boil – carry it around with you
- Lawyer Boil – seek justice
- Stealth Bomber Boil – hurtful comments

4. What do the following passages say regarding how our actions can impact the way we experience (or even prevent) the fallout from anger? How can you tell if someone is living out one of these passages? What practical actions do they take?

- Proverbs 14:29
- James 1:19-20

5. What do the following passages say about anger than can't be contained? What impact does it have on relationships? Why can it be hard to contain our anger?

- Proverbs 14:17
- Proverbs 15:18

6. Sometimes anger isn't our initial emotion in a situation.

However, we often jump right over things like hurt, frustration or fear and go straight to anger. Why is this the case? What are some examples of when you've seen this happen?

7. How do Paul's words in Philippians 4:8-9 address the need for having boundaries with our emotions?

8. What advice would you give to someone that says, "You've got to strike while the iron is hot," regarding anger towards another person? What do these Proverbs say about how the timing of our response can benefit us?

- Proverbs 19:11
- Proverbs 12:16

APPLY THE TRUTH:

Review the list of the various types of anger (question 3). Which do you struggle with the most? Ask God to help you identify actions you can take to keep anger from boiling over in your life. Do you carry anger around with you? Consider talking to the person that hurt you. Do you sweep in with hurtful comments? Pray for patience and a change of heart.

PRAY:

Dear God,

It is so easy to let anger bubble up and boil over in my life. Help me to recognize moments when I can calm my anger and respond in a way that brings you glory. Give me wisdom to be able to identify the sources of anger in my life and ways to respond appropriately. Help me to be quick to listen, slow to speak, and slow to become angry.

Amen

NOTES:
