



2017 | the year of
H·O·P·E

APR 23 - JUN 25

HOPE FOR RELATIONSHIPS

LEARN MORE at
www.the-grove.net



GETTING BETTER AT LOVE

by Understanding our Anger

Message by Pastor Kevin Cavanaugh
Cedar Grove Church | June 4, 2017

LEADER'S STUDY GUIDE



WATCH FOR LEADER'S TIPS

“Love...is not easily angered.”

1 Corinthians 13:5

Quick Bible Quiz:

1. Anger is a Sin. **True** **False**
2. The bible teaches us not to be angry.
 True **False**
3. 1 Corinthians 13:5 says, “Love is not angry.”
 True **False**
4. Jesus never expressed anger. **True** **False**
5. Because God the Father loves us, He is never angry.
 True **False**
6. God’s Anger and His love are opposite sides of the same coin. **True** **False**

13 “Woe to you, teachers of the law and Pharisees, you hypocrites! You shut the door of the kingdom of heaven in people’s faces. You yourselves do not enter, nor will you let those enter who are trying to.” [14]

15 “Woe to you, teachers of the law and Pharisees, you hypocrites! You travel over land and sea to win a single convert, and when you have succeeded, you make them twice as much a child of hell as you are.” Matthew 23:13-15

“...you appear to people as righteous but on the inside you are full of hypocrisy and wickedness.” Matthew 23:28

“You snakes! You brood of vipers! How will you escape being condemned to hell?” Matthew 23:33



Q: What are you seeing in the Woes? What are you hearing?

Do you think Jesus was Angry when He said these words?

Could you say words like these to anyone and not have angry feelings?

Did Jesus have a right to be angry with them?

What was the primary emotion igniting Jesus Anger? Love!

*22 Peter took him aside and began to rebuke him. “Never, Lord!” he said. “This shall never happen to you!
23 Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.”
Matthew 16:22-23*

Q: Again I would ask you was Jesus Angry when He spoke those words to Peter?

24 “Then the man who had received one bag of gold came. ‘Master,’ he said, ‘I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. 25 So I was afraid and went out and hid your gold in the ground. See, here is what belongs to you. Matthew 24:24-25

Now here is God’s response to the 3rd servant ...

26 “His master replied, ‘You wicked, lazy servant! So you knew that I harvest where I have not sown and gather where I have not scattered seed? 27 Well then, you should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest. 28 ““So take the bag of gold from him and give it to the one who has ten bags. 29 For whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. 30 And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.’ Matthew 24:26-30

Q: If you had to choose an emotion to describe God’s response what would you chose?

Bible Quiz Review:

1. Anger is a Sin. **FALSE**

Nowhere in the bible does it teach that anger is a sin.

2. The bible teaches us not to be angry. **FALSE**

26 “In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. Ephesians 4:26-27

3. 1 Corinthians 13:5 says, “Love is not angry.” **FALSE**

“Love is not easily angered”

4. Jesus never expressed anger. **FALSE**

5. Because God the Father loves us, He is never Angry. **FALSE**
He wouldn't be a truly loving Father unless He did get angry.

6. God's Anger and His love are opposite sides of the same coin. **TRUE**

DISCUSSION QUESTIONS

Time to do a personal inventory and reflection to try and discern how healthy our own anger is. Once you have answered all 10 questions, pick and share the 2 Trues and the 2 False that are most significant.

1. I still get angry when I think of the bad things people did to me in the past. True False
2. Waiting in line, or waiting for other people, really annoys me. True False
3. I can fly off the handle easily. True False
4. I often find myself having heated arguments with the people who are closest to me. True False
5. I sometimes lie awake at night and think about the things that upset me during the day. True False
6. I find it very hard to forgive someone who has done me wrong. True False
7. If I get really upset about something, I have a tendency to feel sick later, either with a weak spell, headache, upset stomach, or diarrhea. True False
8. People I've trusted have often let me down, leaving me feeling angry or betrayed. True False

9. When riled up, I often blurt out things I later regret saying. True False
10. Some people are afraid of my bad temper.
True False

APPLICATION



Now it's time to turn towards our special assistance - the counsellor that God has given to each of us, the Holy Spirit do some spiritual ministry.

1. What has the Holy Spirit helped you see in this session that you can rejoice over? Truth you've come to understand, an issue that's come to light?

Stop and pray together in pairs. First thank Him for what He has shown you.

2. What do you need to repent about? Whatever you've seen that you now know is wrong, hurtful to you or others - you need to confess and repent of.

Literally name it and by faith cast it out of your life. Ask the Holy Spirit to fill you with the opposite, whatever it is, again we do this by faith.



Leader says

One of the dangers many Christians face is thinking that once they have prayed about it, it is done. On rare occasions God completely removes something instantly, but most the time it involves us working with Him towards change, which most often involves help and accountability.

It is highly likely that there is an aspect of your anger that you could use some help and accountability on. Instruct them to end by talking about that and the next step you need to take as your final question.



Close by praying for the group.

NOTES