

# When I Am

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When  
I am...



# Week Two: When I Am Angry

## Overview

How have your emotions been lately? If you're anything like us, the last few months have seemed like an emotional roller coaster at times. If you haven't struggled emotionally lately, many have. Anxiety, loneliness, anger, sadness, etc. affect many of our friends and family members every day. We know that our emotions come from God, but when we allow our emotions to go unchecked, we can become emotionally unhealthy. In this series, we want to take a look at what emotional health looks like, as defined by who God is. When we're (fill in the blank), what does God do? What does God say about our worries, sadness, anger, and more?

This week - we talked about anger. It seems as if our culture is boiling with anger at the moment. Ron described it as "another pandemic" that we're experiencing as a society. As you begin this session – pray for God to reveal ways in which hidden anger may be influencing you in your life. Or ask him to help you let go of the anger you hold against others. In the same way, ask for God to give us a healthy perspective and response to the justified anger that we can sometimes feel. While anger is a feeling that each of us will experience, it should be our goal to respond to our anger in Christ-like ways.

## Reading and Discussion

1. Read James 1:19-21. What stands out about these verses to you? How do you understand the phrase: *"Human anger does not produce the righteousness that God desires?"*
2. If you feel comfortable, share about a time when you let your anger get the best of you, or when you found yourself as the recipient of someone else's anger.
3. Read James 4:1. James writes that the source of our quarrels, fights, and anger is actually our own jealousies and ambitions within us. How do you see that playing out in your own life? Could that be true for you?
4. In an illustration from his message, Ron showed us how when we allow our "cup" to be constantly filled by God and his truth and love, we no longer have to be angry when someone "rattles" us. What are some practical steps you can take this week to allow yourself to be constantly filled up by God?
5. As you close, pray for each other to be overwhelmed by God's truth and love this week. Pray that God would help us become peacemakers, rather than just more angry voices

among the noise. Pray that God would soften our hearts towards others and direct our anger towards the true source: sin itself.