

## THE MAIN POINT

| *Wise people learn to control their anger.*

### Resources:

Here at Oasis, we believe that Christian counselling can provide significant insight into your life. If you find yourself in the place to need this, please contact, in confidence, Pastor Brynden at 204-832-4119 or bryndendevenny@oasiscc.ca.

### Suggested Bible reading for this week:

#### READ :: Proverbs 1–8

Conveniently, there are enough chapters in the book of Proverbs to cover a full month. As we move through the Starting Over series, consider reading one proverb each day. As you do, consider what God is trying to show you in those moments.

### NOTES + PRAYER REQUESTS:

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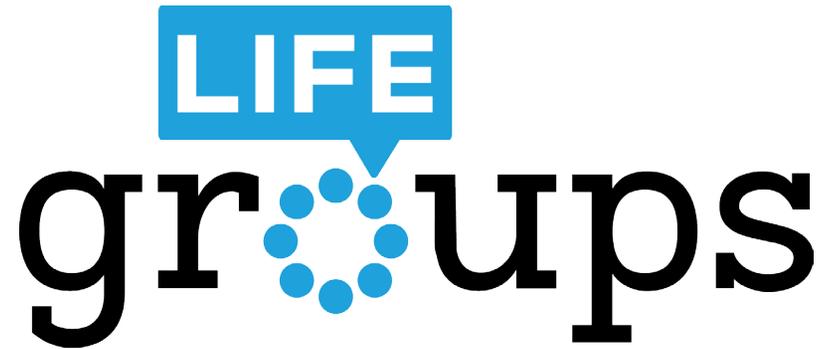
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### Part 1: A Short Fuse

Begin by watching the "Info for the Group" portion of the DVD and then here are a few questions to get you going:

- \_\_\_ What was your high and low from the past week?
- \_\_\_ To get your conversation started this week, share with the group your biggest pet peeve.

## PLEASE WATCH THE DVD'S "MAIN SESSION"

### INTRODUCTION

2018 is kicking off and this series gives us an opportunity to start over. Using the book of Proverbs as our guide, we are looking at God's wisdom applied to four different areas of life. This week, we start by discussing the role anger can play in our relationships with each other and with God.

### DISCUSSION QUESTIONS

1. On a scale of 1 to 10 with one being "I can let it go almost immediately" and 10 being "it takes a lot of effort," how difficult is it for you to let go of a grudge? Explain.
2. There are different types of angry people. Some who express anger, some suppress it and varying points in between. Discuss how you deal with anger.

An early Church leader, John Chrysostom, said, "He that is angry without cause, sins; he who is not angry when there is cause, sins; For unreasonable patience is the hotbed of many vices.

3. Considering this quote and what the apostle Paul says in **Ephesians 4:26**, "In your anger, do not sin: Do not let the sun go down while you are angry." When is anger healthy? When is anger unhealthy?
4. **Proverbs 4:23** says: "Above all else, guard your heart, for everything you do flows from it." What connection do you see between what's in your heart and the way you behave? Discuss a time where you have seen this reality influence a relationship with someone else.
5. **Proverbs 29:11** reminds us, "A fool gives full vent to his anger, but a wise person keeps himself under control." Specifically, in your life, what is preventing self-control or other fruits of the Spirit from being displayed in your life?

6. On Sunday, Dustin mentioned three ways our anger gets disordered. They are: Cause (e.g. you get angry because you were snubbed); Proportion (where your anger is over the top); and Goal (of our anger). In other words, in disordered anger, you don't go after the problem, you go after the person. How do you react to this thinking? Explain.
7. There are three ways to help heal your anger. They are: to admit it, to analyze it, and to transform it. Which of these would you struggle with? Which one these are the easiest for you?
8. Anger impacts all of us to some degree – either our own anger or the anger of others. Have you sought help (profession or otherwise) to deal with that anger? If so, share with the group the benefit of that help. If not, share with the group how they can encourage you to seek that help.

### CHANGING YOUR MIND

Dr. Henry Cloud once said, "Our lives are like a boat and we all leave a wake." Are people happy and encouraged when you leave their presence, or are they bobbing for air as the waves of anger wash over them? What can you change this week as you deal with conflict and anger in your life?

### BE SURE TO PRAY TOGETHER AS A GROUP...

\_\_ What are some things going on in your life that need prayer?