



SERMON DISCUSSION GUIDE

April 30th, 2023

Pastor Tom Van Kempen

Sermon Discussion Guide

Series: "Baggage"- Week 3- ANGER

Recap the Highlights:

I. God gives you permission to be angry.

- Good News: We were made in the image of God.
- Bad News: Man's anger has been twisted by sin.
- God's anger is a selfless response based on His holiness & love.
- God's anger is strategically expressed.

II. God warns us about uncontrolled anger.

- Uncontrolled anger makes you a weapon of the devil.
- Anger can simulate an improvised explosive device.
- Uncontrolled anger costs more than you think.

III. The key is to deal with your anger quickly

- Make a decision to handle anger in a healthy, holy manner.
- Identify triggers.
- Learn calming techniques.
- Trust God!
- I cannot change others, but God can change me.

Now Dig Deeper:

1. Anger can cost you your health, your common sense, important relationships, and even your connection with God. After listening to the message this week on anger, what stood out to you most?
2. What next steps will you take for trusting God to guide you in handling anger in a holy manner?

Scripture References:

Message Text-Ephesians 4:26, 27 (NKJV)

- James 1:20
- Ephesians 6:4
- Proverbs 29:11
- 1 Samuel 18:8-9
- Genesis 4:7
- Hebrews 12:15



Respond & Pray:

- A. Do you believe God can handle your anger? Uncontrolled anger make you a weapon of the devil. Surrender your thoughts and bitterness to God so you can be used as an instrument of good.
- B. Read 1 Timothy 2:8. Bitterness is something we can all struggle with for ourselves and for others. Trade it in for worship of the One who is in control. Pray over letting God be the one who sets the standard. We can always trust in His faithfulness and believe that His ways are higher than ours! See Isaiah 55:8-9.