



Not Feelin' It
Feb 18: Angry & Frustrated

Series Summary: How I feel is not my God. Just because we feel a certain way does not mean that emotion is from God or acting on that emotion is God-honoring. Instead, we take hold of every thought and submit that thought or emotion to God.

Big Idea/Question: The goal isn't to never be mad. The goal is to not be controlled by our anger and allow it to lead us into sin.

GET THEM TALKING

Is being angry a sin?

When does anger become sin?

Leader Note: I address the answer to this in the video tonight and in group discussion later on. You don't have to get a consensus on these questions immediately, it will become clear as the night goes on.

VIDEO TEACHING

WHY ARE YOU MAD?

Is anger sin? No. But It can be. Because what we get angry about reveals so much about what we value. Take a look in Matthew 21 at what Jesus got mad about.

Matthew 21:12-13 Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. **13** “It is written,” he said to them, “‘My house will be called a house of prayer,’ but you are making it ‘a den of robbers.”

What we learn from this passage: Throwing chairs is ok! Jk... it's not! This passage does show us that It is not a sin to be mad or frustrated. There will be times where we get mad and frustrated. There is even righteous anger (as Jesus showed here). But more often than not our anger doesn't come from indignation from a righteous and good cause. If we are honest our anger usually comes from selfish motives (ie. we didn't get our way).

What does the last thing you got angry about say about what you value?

Transition to small-group - The goal isn't to never be mad. That is unrealistic. The goal is to not be controlled by our anger and frustration. Anger is not our God and it shouldn't come between us and God.

GROUP DISCUSSION

(Anger without sin)

Read Ephesians 4:26-27 as a small group

How can we be angry yet not sin?

Why is it so important that we do not let the sun go down on our anger? In other words, how does our anger become more damaging over time?

How does acting on our anger impact our lives? Has there been a time when you acted on your anger and it cost you?

How could anger, even more so staying angry and bitter towards someone, “give the devil a foothold”?

GROUP DISCUSSION

(Consequences of our anger)

Read James 3:3-6 as a small group

Vs 4- How are our words like a small rudder on a large ship?

Leader Note: Words seem like small things, even angry words. But over time our words determine the direction of our lives, good or bad. Despite what is commonly believed in our culture, words do matter. Words spoken in anger do real damage.

How are angry words like a wildfire?

Leader Note: Once a spark lands in dry grass there is little you can do to control it. Once words are spoken in anger we no longer control what the outcome will be.

Read James 3:7-12 as a small group

What is James saying in this passage? What is he pointing to as the source of our words?

Leader Note: We have all uttered the phrase “I don’t know where that came from” or “it just slipped” right after we said something we instantly regretted. But we have to stop and think about how absurd those phrases are. Our words came from us. More specifically those words came from what is stored up in our hearts. This is important because simply filtering our words won’t work every time if we have hearts filled with anger, bitterness, and jealousy. What is in our hearts will eventually come out.

For Further Study: If you want to dive in a bit more on how the heart is the origin of our words you can turn to Matthew 12:34 and Luke 6:45.