

PART 2: A Poison Called Anger

DATE: 06-12-2022

START

There are many things that can get our hearts off course from pursuing Jesus, anger being one of those things. When our hearts are shaped by anger then it poisons our thoughts, actions, and words.

- What makes you angry?
- How do you typically deal with your anger?
- How does your anger affect those around you?

READ

[Proverbs 29:11](#) (NIV)

“Fools give full vent to their rage, but the wise bring calm in the end.”

THINK

When anger is talked about, it is both a primary emotion and a secondary emotion. A primary emotion is an emotion directly in reaction to a situation. A secondary is an emotion manifested from another emotion. While anger can be both, it is more often a secondary emotion of sadness or fear. It's easier to be angry than to deal with our vulnerability.

- What emotion does your anger manifest from?
- What vulnerability are you not addressing?
- What fear have you not confronted?

There are ways to control our anger when we feel that the heart is being consumed by it. We can take a time out, have someone to hold us accountable, and think logically about a situation that is making us angry. It takes an intentional effort to not allow anger to shape our hearts.

- How can you take a time out when you are feeling angry?
- Who can you trust to talk through your anger with?
- How can wisdom help us defeat anger?

PRAY

“God, help me to recognize that my anger can poison my heart. Allow me to take time and think through my anger with the wisdom you give.”

ACT

This week, when you feel anger crouching within you, take a time out and discern what is behind your anger and address it.

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