



SHATTERPROOF

overcoming life's trials

GROUP DISCUSSION QUESTIONS | OVERCOMING ANGER

WELCOME

- ◆ Spend a few minutes greeting everyone in the group.

ICE BREAKER/INTRODUCTION QUESTIONS

- ◆ What are some ways that people express anger? How do you personally tend to express your anger?

DISCUSSION

1. Read [James 1:19-21](#). What three instructions are given in verse 19? What will following these instructions produce? What three instructions are given in verse 21? What specific things might James be referring to in a person's life?
2. When life gets difficult and you are facing a trial or temptation, why are these instructions often difficult to follow? What are the consequences when you give in to the temptation to let your words and anger get away from you?
3. "Therefore" in verse 21 means "as a result of" what was stated previously (vss. 19-20). How does removing evil influences and accepting God's Word help us "be quick to listen, slow to speak and slow to become angry"?
4. Anger is powerful. It can be constructive or destructive. At its best it protects the ones we love the most. At its worst, it destroys the ones we love the most. Describe a time when you expressed or witnessed someone else expressing anger in a destructive way. In that situation, how do you think the anger could have been managed better?
5. Describe a time when you expressed or witnessed someone else expressing anger in a constructive way. What were the benefits? What intentional choices were made that reaped positive results?
6. Slowing down when intense feelings are escalating is a great tool to managing anger in a healthy way, because anger is a secondary emotion. Primary emotions include frustration, fear, hurt and embarrassment. Talk about a situation that generated anger and identify the primary emotion you were experiencing. Talk about how slowing down and identifying that primary emotion in the moment could have helped you avoid a destructive angry reaction.
7. Read [James 1:22-25](#). How do we deceive ourselves when we don't "do" what God's Word says?
8. How could taking an honest look at ourselves help us manage our anger?
9. What does it mean to look "intently" into God's Word, the "perfect law"? What happens when we do this? How does verse 25 say doing what God's Word says impact a person's life? How has it impacted the quality of your own life?
10. Read [James 1:26-27](#). How does verse 26 describe a person whose faith is empty or worthless? How does being quick to speak in the heat of the moment, (not keeping a "tight reign on our tongue") lead to deceiving ourselves?
11. What worldly influences can pollute your life (vs. 27) and keep you from the righteous life God desires (vs. 20)? What changes could you make to honor God with your life? What resources does He provide to help you do this?
12. Destructive anger does not belong in the community of God, but how could you use righteous anger as a channel to live out the "pure religion" mentioned in verse 27? If you were to look honestly in the mirror, is your energy better spent getting angry over something that frustrates or embarrasses you, or is it better spent making a difference in the plight of widows and orphans who are living in poverty? Which is the righteous life that God desires?
13. Read [James 1:16-18](#). We overcome anger with something bigger. Our identity in Christ is stronger than our anger. How could focusing on this reality help you overcome anger in a difficult situation?

PRAYER

- ◆ Ask your community group to pray that you would be obedient to managing your anger in constructive ways this week. Ask them to pray that you would overcome anger and experience the joy of protecting rather than destroying those around you.