

# en·gage

to involve oneself or become occupied; participate: *engage in conversation*

SUNDAY, NOVEMBER 8, 2009

"ENEMY OF THE STATE OF MIND" PART 2 OF 4

## ENEMY of the State of Mind

**SERMON TITLE:** "Anger"

**MAIN POINT/PASSAGE**

- ▶ *When it comes to anger, how will you be remembered?*
- ▶ Ephesians 4:26 – 5:2

**SERMON REVIEW**

- ▶ What insight, principle, or observation from Sunday did you find to be the most helpful, eye-opening, or troubling? Explain.

**DISCUSSION QUESTIONS**

- ▶ Do you have a childhood memory when your parents were angry with you?
- ▶ On a scale of 1-10, with 1 = never and 10 = always, how often do you sin when you get angry?
- ▶ Would you say that you have a short fuse? Would your family agree?
- ▶ How do express your anger? Language, shouting, hitting, silence, etc.? Why do you express it in that way?
- ▶ Do you believe Satan has a foothold in your life due to your anger? Why or why not?

**DIGGING DEEPER**

- ▶ Read James 1:19-27
- ▶ According to James, what are the implications when we allow our anger to control us?
- ▶ Do you suppose the intent of this passage is to encourage, discourage, motivate, or something else? Explain.
- ▶ What part of this passage speaks directly to you? Why?

**APPLICATION**

- ▶ The 7 Day Challenge: commit to not raising your voice or saying hurtful things out of anger to anyone.
- ▶ Did you commit to this challenge? How did it go or how is it going? Share with the group the successes and failures of this challenge.
- ▶ Identify one aspect of anger that you need to control. (I.E. Listening more than speaking, how you express your anger, seeking forgiveness, etc.)
- ▶ Share these with your group and commit to praying for one another until you next group meeting.

### Personal Prayers

1. Start your small group time off with prayer.
2. Ask for personal prayer request. In other words, have group members share request about them, not friends or family members.
3. Do the same for praises.

### Impact List

Have 2-3 people share about people from their impact list.

1. What is the next step in their friendship with that person?
2. How can your small group pray for them?

### Close to God

1. Have 2-3 people share what is happening in their "Close to God" time.
2. How have they grown closer to God?
3. How can your small group pray for them?

