



Session Four: Anger

INTRODUCTION

When we feel anger, our emotions tell us it's 100 percent someone else's fault. But James, the brother of Jesus, has something different to say. When we take a step back and acknowledge what the problem really is, anger will no longer be the boss of us.

DISCUSSION QUESTIONS

1. What's something other drivers do on the road that makes you angry?
2. Describe your relationship with anger. Do you tend to shout out or shut down?
3. What and/or who currently triggers the strongest feelings of anger in you? Explain.
4. **Read James 3:13–16 and 4:1–2.**
 - What stands out to you?
 - Where does James say our anger comes from?
 - What does James say is the potential consequence of our anger if we don't acknowledge the root cause?
5. How might your relationships be impacted if, in the midst of your anger, you acknowledge that part of the problem is *you're not getting what you want*?
6. What practical step can you take the next time you feel anger bubble up inside of you?

Moving Forward

When anger begins to emerge...

1. Pause.
2. Own your part.
3. Acknowledge it's okay to not get your way.

As you do this, you will move away from self-centeredness and closer to others-centeredness. This will lead to a life where anger is no longer the boss of you.

In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

—Philippians 2:5–7