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Week 3 – Healing for the Angry Mind

Anger is an emotion that _____ a response.

Ephesians 4:26–27: “In your anger do not sin; do not let the sun go down while you are still angry, and do not give the devil a foothold.”

In your anger do not _____.

A soul growth workout routine for your mind:

Be quick to _____ . (James 1:19)

Be slow to _____ . (James 1:19)

Be slow to become _____ . (James 1:19)

Where or with whom do you _____ ?
(Ephesians 4:26-27; Psalm 4:4)

Leave room for God's _____ . (Romans 12:17-21)

The Big Idea:

God has your back even during the times you are shaking mad. Never forget Romans 8:38-39: “I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTION

Personal Life:

1. Everyone deals with anger. Briefly share about a time anger demanded a response in your life.

Pondering:

2. Read 2 Peter 1:3-9 and look back over the list in verses 5-7 and hold it up like a mirror. Identify where you are and what you are working on.
3. What do you do to de-escalate in your anger? Is this healthy or unhealthy?
4. Who can help you de-escalate in your anger?
5. Have you ever reacted sinfully in your anger toward someone and been able to reconcile with them? Share your story. (Consider keeping names out to protect the other party.)

Promptings:

6. Leaving room for God's wrath acknowledges your humble position before God. Even Jesus prayed, "Father, forgive them for they know not what they do," as He was being crucified. Would you consider, taking the matter before God and praying for those that make you angry?