



Getting Started (Lesson #5)

Men working out their Faith in Action

Today's Topic:

Anger (Part 1)

(A) 6:15 **Group Introductions. Report in on your "Nudges"**

Assign a Time Keeper / Scribe to record as many things that make you angry as possible. See if you can beat 25 (The Average #)

(B) Approx 6:40

The Problem; (What to do with Anger) Anger is part of life. Who among us does not get angry over many things.

Questions;

- What makes you angry? *Like really honks you off.*
(Each group member share examples (name different categories))
 - When you get angry, what does that look like to others?
(e.g. Wives/Family/Friends/Co-workers etc.)
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(C) Approx; 6:50*

The Issue; (What do I do with the anger I often feel.)

(Read the scripture)

Scripture; Eph. 4:26 In your anger do not sin. Do not let the sun go down on your anger

Questions;

- What does sinning "in anger" mean? (What's it look like?)
 - Is there anger that's good?
 - What are some things to do to control anger?
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(D) Approx; 7:05*

Application;

Question; Do you ever go to bed angry with someone/something?

E. Key Question; Your "Nudge"; What one thing are you now working on (or will you work on), that would help people see your times of typical anger responses differently?.

(E) 7:25* PRAYER/ ADJOURN