



Getting Started (Lesson #6)

Men working out their Faith in Action

Today's Topic:

Anger (Part 2)

(A) 6:15 **Introductions/ Report on "Nudges"**

(Assign Time Keeper / Scribe to record "Anger Items")

(B) Approx 6:40*

The Problem; (What to do with Anger) Review last week's list of what makes you angry, add more from thoughts experiences this week

Questions;

- What else 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; James 1:19-20** ¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires. ²¹ Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

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; What specifically needs to happen w/your anger?

(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?.

(F) 7:25* **PRAYER/ ADJOURN**