



Why Are You Angry Week One : Hurt

The Big Idea

Anger is something we do, not something we have. Behind our anger lies other emotions that we feel first that show our vulnerabilities to others so instead we get angry which shows strength. It's important to get to the root of what's actually making us so angry.

Key Verse

Psalm 4:4 ISV Be angry, yet do not sin. Think about this when upon your beds and be silent.

Start Talking

What causes you lose your cool and become angry?
Do you have a problem with showing your vulnerabilities with others?
What tactics have you used in the past to control your anger?
Have they worked for very long?

Start Thinking

Read and discuss Genesis 4:1-12

Start Sharing

How have the people around you while you were growing up show their anger?
How do you express your anger?
Are you a stewart or a spewer?
Do you stuff your emotions down inside and keep silent or does everyone run for cover when you're angry?
What are some of the fears that you have?

Start Doing

When you're angry, stop and be silent and think about what other emotions you are truly feeling.
Ask God to help you to communicate those things to the people around you.
Challenge yourself to GET REAL and show vulnerability with those you love.