



Why Are You Angry Week Two : Fear

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 37:8 Refrain from anger and turn from wrath; do not fret - it leads only to evil.

Start Talking

Do you notice that you show anger when you're fearful?
Have you noticed that people who are angry that they were dealing with fear?
What kind of fall out has happened in your life because of your anger?

Start Thinking

Read and discuss 1 Samuel 18:5-12

Start Sharing

Was there a time when you were angry and you realized it stemmed from fear?
What fears do you struggle with most?
How do you settle your fears?

Start Doing

Identify what you're feeling when you're angry.
Ask God for His help in relieving your fears.
Remind yourself of God's promises in your life.