



## Why Are You Angry Week Three: Frustration

### 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

James 4:1,2 NIV What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but you do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

### Start Talking

Is there anything frustrating you right now?  
Do you ever think about how you had planned life to be and compare it now to how it is?  
Do you get frustrated and say and do things and regret them?

### Start Thinking

Read and discuss Numbers 11:10-15

### Start Sharing

Do you seem to lose your cool when you're in stressful situations?  
Have you noticed that you control your anger less when you are with family than you do others?  
Have you ever gotten angry enough to hit things like Moses did?

### Start Doing

Think about those things that you seem to get angry about.  
Start speaking more to God about your frustrations instead of yelling or striking out at those around you.  
Remind yourself of the blessings you have in your life!