

# INSIDE OUT.



## INSIDE OUT WEEK 2: ANGER

**SMALL GROUP WEEKLY VIDEO:** [HTTPS://VIMEO.COM/612869655/4A0B3076AF](https://vimeo.com/612869655/4A0B3076AF)

### Main Idea

God wants us to learn to handle our anger in a healthy way that honors Him and others.

### Starter

When it comes to anger, do you tend to “spew it” (let it loose) or “stuff it” (push it down)?

### Discuss

If someone interviewed your spouse, kids, or close friends, how would they say you handle your anger? How does that make you feel?

### Read

Have someone read [James 1:19-20](#) and [Proverbs 14:29](#). Discuss the following:

What is a truth about anger from these passages that encouraged or challenged you?

Share a story from your life when you didn't handle anger in a healthy way and what God taught you from that experience.

Have someone read [Ephesians 4:26-27](#) and [1 Peter 2:1](#). Discuss the following:

- What do these passages teach you about how God wants you to handle anger?
- Who is someone that you need to handle your anger in a more loving way with?

\*\* Remind your group of the power of the Gospel to bring forgiveness and healing to how we've messed up in the way we've handled anger. The good news is Jesus has taken the penalty we deserve and now offers us forgiveness and a fresh start. God wants to help us handle our anger in a healthy way by repenting of our selfish anger and submitting it to Him.

### Apply

Have everyone take a minute to pause and pray about a step God wants them to take to handle their anger in a way that honors Him and others in their life. After a minute of quiet prayer and reflection, have everyone share with the group the step of faith they want to take.

Spend some time praying for any struggles that are shared and for God to bring forgiveness, healing, and greater love to people in your group.