

THE WAY FORWARD: GOOD ANGER

Life Group Questions | Sunday, October 11, 2020

How would you describe the difference between good anger and bad anger? Do you have a story to share about good or bad anger from your own life this week?

Read Mark 3:1-6. Why was Jesus angry? What else stands out to you from this story?

Read Ephesians 4:26 where the apostle Paul quotes from **Psalm 4:4**. Is it possible to be angry and not sin? How so? What does that kind of anger look like?

Read Judges 2:13-14. What makes God angry? Are you comfortable with a God who is capable of anger? How can anger be connected to love?

Discuss the following checklist and corresponding scripture passages to help us discern if we are experiencing good anger or bad anger:

1. **Good anger is slow.** (Exodus 34:6)
2. **Good anger is under control.** (Proverbs 14:29)
3. **Good anger is rooted in love.** (Romans 12:9)
4. **Good anger restores.** (Mark 3:5)

What challenges you? What questions come up for you?

Our practice for this week is to check our anger. How can you see yourself using this checklist the next time you experience anger?

Pray together. Close by reading Psalm 145:8-9.