

Community Group Growth Questions

1. Share with the group any insight, truth, or observation from Sunday's message that helped you, troubled you, or ministered to you.
2. Read James 1:19 and Ephesians 4:26-27. Why do you think God did not "forbid" anger? Is anger ever commanded? When is anger a sin?
3. In what ways can anger be constructive? In what ways is it destructive?
4. How is the quick-tempered person described in Proverbs? See 14:17; 15:18; 29:11,20,22; 30:33
5. What happens to the person who internalizes his anger? Ecclesiastes 7:9; Psalm 32:3-4; Ephesians 4:26
6. How does the Bible instruct us to master anger rather than letting it master us? Proverbs 14:29; 16:32; 19:11; Ephesians 4:26-27, 31-32
7. How do we respond to others when they are angry? Proverbs 15:1, 18, 28; 21:14; 25:15; 29:8; Matthew 5:23-24

Living on Mission

1. There are two prominent ways that anger is manifested: either we "blow up" or we "clam up". Of these two, which is your fleshly way of exhibiting anger? How has the Bible instructed you to manage your anger?
2. The last time you were angry, to whom was your anger directed? Was it others that "made you angry"? Were you angry with yourself? Were you angry with God? Were you just angry at the situation? How did you handle your anger? What would God want you to do differently next time?
3. Is there someone who is angry with you that you need to reconcile with? What does repentance look like for you in this situation?
4. How would you respond to this statement? "Anger reveals our expectations." What is God saying about the expectations you have of others? Of yourself? Of Him? When those expectations aren't met, what is your normal reaction? What do you think the root of your anger could be? Be sure to ask God to empower you for change.

This Week's Reading:

Monday: Proverbs 14:29-30, 15:18, 19:19
Tuesday: Proverbs 14:29, 16:32, 19:11
Wednesday: Proverbs 25:21-22, Matthew 5:43-47
Thursday: Proverbs 4:23, 26:21, 28:25, 29:22
Friday: Ecclesiastes 7:9; James 1:19
Saturday: Ephesians 4:26-32

Additional Resources:

Anger Management by Richard Baxter, Pocket Puritans, 2008
The Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God by Dan Allender and Tremper Longman, NavPress, 1994
Uprooting Anger: Biblical Help for a Common Problem by Robert D. Jones, P & R Publishing, 2005

Next Quarterly Members Meeting – Sunday, July 22

Summer Movie Express – CONNECT WITH US – Tuesdays and Wednesdays throughout the summer – email daniel@martinsburgchurch.org to get involved.

Boston Mission Trip: Total cost is \$500 - Initial deposit due now – Email dan@martinsburgchurch.org or go to missions.martinsburgchurch.org to register.

Student Community Group: Meeting at Culbertson's Home – throughout the summer - Contact Justin at justin.j.culbertson@gmail.com with any questions.

Interested in Membership? Our next Gospel Class will be offered on Saturday, July 21. Email tammy@martinsburgchurch.org to register.

Baptism Celebration is scheduled for Sunday, July 22. Sign up at baptism.martinsburgchurch.org or call the church office at 304-596-9330 to register.

Discipleship Opportunities:

- Men's Bible Study begins July 21 – meets every other Saturday – Contact Ray Borden at rtjml@msn.com or Dan Edman at dan@martinsburgchurch.org . Workbook needed.
- Women's Bible Study begins June 21 – meets every Thursday at 6:30 pm – Beth Moore's "David: Seeking A Heart Like His" – Contact Tammy Borden at tammy@martinsburgchurch.org - Need to purchase workbook and register for the class by June 14.

Pastor On Call: If you or your family have an emergency and need to get hold of a pastor from Friday morning through Monday morning please call 304.616.9007 to reach The Church at Martinsburg's Pastor on call.

Missionary Toolbox:

"Anger and bitterness are two noticeable signs of being focused on self and not trusting God's sovereignty in your life. When you believe that God causes all things to work together for good to those who belong to Him and love Him, you can respond to trials with joy instead of anger or bitterness."

"Anger and bitterness are formidable detriments to biblical love, harmonious relationships, and maturity in Christ. Failing to put off anger and bitterness grieves the Holy Spirit, gives Satan an opportunity in your life, obscures your witness to others, and disrupts the unity in the Body of Christ. Dealing biblically with anger and bitterness requires wholehearted obedience to God's word in every circumstance and with every person, even if your feelings dictate otherwise."

-- Biblical Counseling Foundation, *Self-Confrontation Manual, Lesson 11, pgs. 1-2*

"No matter how just your words may be, you ruin everything when you speak with anger." *John Chrysostom*