



**April 20-21<sup>st</sup>, 2024**

### **Break the Ice**

Ask your group if they've ever heard of "rage rooms." A rage room is an enclosed room where people can pay to release their anger by destroying objects in this room. They can destroy these objects with provided tools such as bats, sledgehammers, and crowbars. Apparently, they are growing in popularity. One study revealed that there were 146,000 searches for "rage rooms" in October 2023 alone. This was an increase of 47% from last year.

While no one in your group may have gone to a rage room, share with them the following statistics:

- 10% of the United States adult population has impulsive anger issues and access to guns.
- A recent poll suggests that American adults are angrier today than they were in previous generations.
- Recent research reveals that American's anger concerning politics "exacerbates political bias and causes individuals to be less open" to reason and clear evidence that doesn't agree with their political party.
- Almost a third of people polled in a recent survey said that they have a close friend or family member who has trouble controlling their temper.
- 20% of people surveyed in recent research revealed that they ended a relationship with someone due to that person's anger problems.
- 13% of people surveyed admitted they have sought professional help for their anger.

Ask them to discuss each statistic.

Then ask them to provide personal examples where they got angry. After they share, ask them to ponder whether they believe their anger was justified ...

### **Up**

**Read Matthew 3:1-6 and John 2:13-17 out loud.** Because Jesus did not sin, His anger was always right. He shows us an anger that does not engage in sin. Ask your group the following:

- Why was Jesus' anger righteous and good in these situations?
- What does this anger reveal about God the Father?

Say something like the following to your group: Jesus was angry over injustice, the mistreatment of others, and the lack of compassion from those watching others suffer. He was moved by his anger to do something and guide those who needed to increase their compassion toward others.

## **In**

Another question we must ask is what Jesus' anger reveals about our anger. **Read James 1:19-20 out loud.** Rather than being quick to listen, slow to speak and become angry, we are often quick to speak, quick to become angry, and slow to listen. Our anger does not usually achieve what we often desire or expect. It usually accomplishes the exact opposite. Our anger comes from a heart that is not controlled by God's peace.

Ask your group to further discuss their anger and how an unsettled/unpeaceful heart leads them to expressing anger toward those closest to them:

- Spouse
- Children
- Parents
- Friends
- Colleagues at work

## **IV. Out**

God's anger is actually what saves us. Because He was angry over what sin had done to His creation and how it separated man from Him, God sent His Son, Jesus, to die on the cross. For that moment, God's anger and wrath was placed on His Son so that we could experience redemption and new life.

Rather than using our anger to get back at others for wronging us, we must remember how God's anger created a pathway for our and others' salvation. Ask your group to ponder how they can use God's display of anger on the cross to share the gospel with others.

## **V. Prayer**

Conclude your time in prayer by guiding the group in praying the following:

- Ask God to reveal any anger that is reigning in your heart. Ask Him to transform your heart and guide you in utilizing your anger for good.
- Ask God to increase your anger when others are experiencing injustice.
- Praise God for having righteous anger that providing a way of salvation through the cross of Jesus.