

Wisdomatic Series

Week Five: Wisdom and Our Anger

This past weekend Pastor Ken continued a six-week series entitled, Wisdomatic. Over these six weeks, we invite you to answer these questions with someone at work, your family, or find a place to do it alone or with a friend. So let's grow and do life together during this series.

Better a patient person than a warrior, one with self-control than one who takes a city. Proverbs 16:32

- 1) Recall an example of a situation you witnessed of someone in a fit of rage?
- 2) Pastor Ken gave us four reasons why it is hard to manage our anger:
 - Bad examples (Proverbs 22:24)
 - Short term payoff (Proverbs 29:11)
 - Too much tension (Proverbs 14:30)
 - A negative mindset (Proverbs 14:29).
- 3) Some common causes of anger:
 - Feeling hurt (read Proverbs 14:30).
 - Feeling threatened (read Proverbs 14:26-28).
 - Feeling frustrated (read Proverbs 19:11).
- 3) Ask God to give you the wisdom that you need to know why you are angry then you will know how to resolve it. If you feel hurt, ask Him to heal the hurt in your heart. If you feel threatened, then find your security in God by building your life around Him. And if you are frustrated, ask God to replace that frustration with patience. Share it with someone and pray for each other.
- 4) Pastor Ken gave us three steps to take when you feel angry:
 - Think before you act (read Proverbs 13:16). Call a timeout and think.
 - Act before dark (read Ephesians 4:26). Surrender your anger to God.
 - Turn to the light (read Proverbs 29:22). Ask God to show you how to make the most of your anger. This is done by doing something constructive or productive and leaving the anger with Him. A good example that he shared of doing this is the group MADD (Mothers Against Drunk Driving).

Close in prayer

