

CLEANING HOUSE

PART 2: ANGER

INTRODUCTION: Have you ever perfectly cleaned and organized something only to have someone come and mess it up? When our orderly lives are disrupted, and anger invades our otherwise peaceful hearts, it is all too easy for us to say, “Yeah, I’m angry, but it’s clearly their fault!” Over time that anger, when allowed to grow in the dark places of our hearts, turns into bitterness that chokes out some of the most beautiful things in life. Anger can begin to harden our hearts, put a cap on the love we feel for others, and hold us back from taking steps into the future God has for us.

DISCUSSION QUESTIONS:

1. What is the most embarrassing piece of clothing you’ve ever owned? Do you still own it?
2. Read Psalm 139:23-24. Spend a moment praying these verses to God, either out loud or silently, asking Him to use the rest of this time to reveal anything He wants to purge from your heart.
3. In what ways do you see anger having a negative effect on your life? Have you had an imaginary conversation with anyone recently? How did it go? How did the imaginary conversation leave you feeling? Was your blood pressure elevated? Did you feel more peaceful or more riled up than you felt before the imaginary conversation?
4. Read Colossians 3:5-15. Why does Paul challenge us to remove anger and replace it with tenderhearted mercy? Aren’t we justified in our anger?
5. Consider the debt that someone owes you that has left you struggling with anger and bitterness. Write down that person’s name and the specific thing that they took from you. Then take a moment to reread Colossians 3:12-15. Ask God to soften your heart and give you the strength to write the words: debt cancelled. Ask Him to continue to tenderize your heart in the days and months and years to come as you fight the battle of anger and bitterness in your heart.

