

NOTES

Sunday, May 4th, 2025

1. Read Proverbs 16:32. What does this contrast mean to you? Why is anger more appealing than patience, and what do each of them produce in your life?
2. The sermon spoke about emotional idolatry. How would you define that and what is its impact?
3. The anger smoke detector: Anger exists to tell you that something is wrong and to move you to action. Anger exists so that you will be motivated to make it go away. So that you will be motivated to fix what needs fixing so that you don't have to live in a state of anger. Your body was not created to live in a constant state of anger. Discuss.
4. Three triggers for anger were introduced in the sermon:
 1. STOP
 2. ASK
 3. RETHINK.Break each of these down, how can we act on these?
5. Two questions to ask when we are angry... 1. Why am I angry? 2. What do I want? What is the value of these questions and can you try them out the next time you are angry?
6. We ended the sermon with a small mantra... 'I could be wrong, Jesus died for this person, love is not easily angered'. Hold each other accountable in this when you meet again.

