



**Relationships: Us and the World-Anger  
Management  
February 28, 2021 - Week 5**

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**GROUP LEADER INFO:**

- Open in prayer
- Have a time of fellowship
- Make sure to take attendance
- Please pass along any prayer requests to your group Coach (Pastor) that they should know about

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**TEACHING/DIALOGUE:**

**SERMON NOTES:**

**Ephesians 4:26 NLT**

26 And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.

**John 18: 10-11 NLT**

10 Then Simon Peter drew a sword and slashed off the right ear of Malchus, the high priest’s slave. 11 But Jesus said to Peter, “Put your sword back into its sheath. Shall I not drink from the cup of suffering the Father has given me?”

**1 Corinthians 13: 1-3 ESV**

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. 2 And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. 3 If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.

### **Romans 12: 9-21 ESV**

9 Let love be genuine. Abhor what is evil; hold fast to what is good. 10 Love one another with brotherly affection. Outdo one another in showing honor. 11 Do not be slothful in zeal, be fervent in spirit, serve the Lord. 12 Rejoice in hope, be patient in tribulation, be constant in prayer. 13 Contribute to the needs of the saints and seek to show hospitality. 14 Bless those who persecute you; bless and do not curse them. 15 Rejoice with those who rejoice, weep with those who weep. 16 Live in harmony with one another. Do not be haughty, but associate with the lowly. ...Never be wise in your own sight. 17 Repay no one evil for evil, but give thought to do what is honorable in the sight of all. 18 If possible, so far as it depends on you, live peaceably with all. 19 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." 20 To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." 21 Do not be overcome by evil, but overcome evil with good.

### **Luke 6: 32-35 NIV**

32 "If you love those who love you, what credit is that to you? Even sinners love those who love them. 33 And if you do good to those who are good to you, what credit is that to you? Even sinners do that. 34 And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. 35 But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked

### **I Corinthians 4:12 – 13 NLT**

12 We bless those who curse us. We are patient with those who abuse us. 13 We appeal gently when evil things are said about us. Yet we are treated like the world's garbage, like everybody's trash—right up to the present moment.

### **John 13: 34-38 NIV**

34 "A new command I give you: Love one another. As I have loved you, so you must love one another. 35 By this everyone will know that you are my disciples, if you love one another." 36 Simon Peter asked him, "Lord, where are you going?" Jesus replied, "Where I am going, you cannot follow now, but you will follow later." 37 Peter asked, "Lord, why can't I follow you now? I will lay down my life for you." 38 Then Jesus answered, "Will you really lay down your life for me? Very truly I tell you, before the rooster crows, you will disown me three times!

**Ephesians 5: 1-2 NLT**

Imitate God, therefore, in everything you do, because you are his dear children. 2 Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.

**QUESTIONS:**

1. Do you find yourself getting angry watching the news or being on social media? If so, what can you do to manage it?
2. Do you have any personal relationships that repeatedly make you angry? What steps can you take to resolve those feelings with them?

**PRAYER**

Close your group in prayer. Ask if anyone needs prayer specifically. Continue to pray for one another throughout the week.

