



SERMON SUMMARY

Stressful situations tend to arouse hidden anger inside each of us. James talks about how to stay calm in a crisis. We learned that...

- Mismanaged anger is a sin, but managed anger is an asset.
- When we get angry, we either blow up or we clam up.

We become either a **SKUNK** or a **TURTLE**.

Anger is a choice. We can choose to control it.

MESSAGE NOTES

DISCUSSION QUESTIONS

(Do not feel like you must cover every question below. Decide which one or ones really apply to your group or stir up an interest in your group. Do not rush to “get through them all.” It is more important that you discuss openly and honestly than that you go over every question.)

1. Would you consider yourself more of a skunk or a turtle when it comes to expressing your anger? Do you clam up and become quiet or do you spew out your anger and frustration?
2. Where do you think you learned a model for dealing with your anger?
3. Has your anger ever cost you something important?
4. How would you rate your present ability to manage your anger appropriately on a scale of 1-10?
5. How do you think those who are close to you would describe your anger?
6. Discuss how you could learn to listen more, speak more carefully, and become less angry.
7. When you get angry do you know the answer to these questions?
 - Why am I angry?
 - What do I really want?
 - How can I get it?
8. Make a real attempt to be honest and transparent with yourself and the group. Is there someone that you harbor anger toward? Is there a group of people that you have feelings of hatred or anger toward? How do you think God feels about that? What do you need to do about it?