

## **PRESSURE POINTS – WEEK 3**

### **TALK SUMMARY:**

When we're under pressure, we experience all types of emotions.

Often, the primary emotion people experience, which is evidenced in various ways, is the emotion of anger.

Anger tends to be the most misunderstood and mismanaged emotion. Everyone experiences anger, but very few people know how to express their anger in a healthy or productive way. Because of this, James (the author of this letter) gives us clear instructions and how to respond when we feel angry.

What James writes about managing anger is very difficult to apply, so he transitions next into talking about how our faith is shown to be most real when we live it out.

Additionally, because the focus of our anger is almost always other people, James writes about the importance of using Scripture as a mirror for self-reflection and self-evaluation.

Finally, he concludes by reminding us that the pressures we experience shouldn't keep us from our biggest purpose: reflecting the love and grace of God in our words and actions!

## **GROUP QUESTIONS:**

- 1. What was something you enjoyed this past week?**
- 2. This week's talk addressed the emotion of anger. We've all seen anger expressed in unhealthy ways, but describe a time that you saw anger expressed in a healthy way?**
- 3. From this past week's talk, what did you most need to hear and why?**
- 4. What did this talk, or the scriptures referenced in the talk, tell us about God (ie: God's character or how God works)?**

*Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires. James 1:19-20*

*Be angry and do not sin... Ephesians 4:26*

*The LORD hears his people when they call to him for help... Psalm 34:17*

*"Yahweh! The LORD! The God of compassion and mercy! I am slow to anger and filled with unfailing love and faithfulness." Exodus 34:6*

*If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless. Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you. James 1:26-27*

- 5. What did the talk, or the scriptures referenced in the talk, tell us about ourselves (ie: the nature of humans or how humans tend to operate)?**
- 6. What's a practical "next step" you can take from this week's talk?**