

**NOT MY
KING**



7-WEEK STUDY

ON SERVING JESUS INSTEAD OF
OUR EMOTIONS

WEEK 2

“IF JESUS IS MY KING,
THEN **ANGER** S NOT MY KING”

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WEEKLY READING

Primary text from this week: James 4:1-3

Secondary texts from this week: James 1:19-21, Matthew 15:17-19

GETTING STARTED

Goals for this session: To understand the root causes of anger and how to submit them to King Jesus

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: What is one of your pet peeves?

DISCUSSION QUESTIONS

1. Pastor Doug talked about “spewers” who vent their anger, and “stewers” who internalize their anger. Which one are you?
2. How was anger expressed in your home when you were growing up?
3. What are some of the things in your life that tend to trigger angry reactions?
4. Have someone read **Ephesians 4:26-27**. What are some of the downfalls of suppressing our anger? What do you think Paul referring to when he tells us not to “give the devil a foothold?”
5. Have someone read **James 1:19-20**. How can we keep from sinning when we’re angry? Is being slow to speak the same as withdrawing and giving someone “the silent treatment?” Explain.
6. In **Mark 3:1-6**, Jesus responds in anger. What was Jesus angry about? Was His anger righteous anger or unrighteous anger? How can we tell the difference between righteous anger and unrighteous anger in our own lives? What are some examples of appropriate ways to express righteous anger?
7. Whether you are a *spewer* or a *stewer*, what are some steps you can take to address the root causes behind your anger?

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PRAY

Pray for each other: Pray that those in your group will be released from destructive patterns of anger, bitterness, resentment, and unforgiveness.

Pray for yourself: Pray that you would experience God's mercy so powerfully this week that you would be able to offer forgiveness towards those who have wronged you.

Pray for your four: Identify four people who don't know Jesus (friends, family, neighbors, or co-workers/classmates), and commit to pray for them consistently. Pray that **(1)** God would reveal Jesus to them, **(2)** that God would turn their hearts towards Him, **(3)** that God would put Christians in their path to represent Christ, and **(4)** that God would give you an opportunity to share what Christ has done in your life.

ACTION STEPS

Action Step: Start by slowly reading Colossians 3:13 a few times. Then, make a list of people who have wronged you (people who "owe" you). Finally, write the words "Paid in Full" at the top of the list and then rip up the list.

NOTES
