

## Discovery Service Order and Message Outline



WELCOME TO CEC .....	Pastor Phill and Sara
WORSHIP VIDEO .....	May the people praise you
MEDIA .....	All (A Moment of Surrender)
PRAYER	
UPDATES .....	Pastor Phill and Sara
WORSHIP VIDEO.....	Everyone needs compassion
MEDIA .....	A Four-Fold Blessing
BIBLE READING .....	James 1:19-27
MESSAGE .....	Taught by Pastor Phill
WORSHIP VIDEO.....	Yet not I but through Christ in me



## Emotions #3 The Angry Heart James 1:19-27

*"If you cannot control your anger, you are as helpless as a city without walls, open to attack."* Proverbs 25:28 TEV

*"A fool is quick-tempered, but a wise person stays calm when insulted."* Proverbs 12:16 NLT

### ANGER IS CAUSED BY ONE OF THREE ROOT CAUSES:

1. When we are \_\_\_\_\_.
2. When we are \_\_\_\_\_.
3. When we are \_\_\_\_\_.

*"Everyone should be quick to listen, slow to speak and slow to become angry."* James 1:19 NIV

### HOW TO DEAL WITH ANGER:

1. Realize that anger is a \_\_\_\_\_.

*"A fool gives full vent to his anger, but a wise man keeps himself under control."* Proverbs 29:11 LB

2. Count the \_\_\_\_\_ of anger.

*"An angry person causes trouble, and a person with a quick temper sins a lot."* Proverbs 29:22 NCV

*"Hot tempers cause arguments."* Proverbs 15:18 GN

*"Anger causes mistakes."* Proverbs 14:29 LB

*"People with hot tempers do foolish things."* Proverbs 14:17 GN

*"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left."* Proverbs 11:29 LB

“Those who control their anger have great understanding; those with a hasty temper make mistakes.” Proverbs 14:29 NLT

### 3. \_\_\_\_\_ before reacting.

“A stupid man gives free rein to his anger; a wise man waits and lets it grow cool.” Proverbs 29:11 NEB

“Do not let the sun go down while you are still angry.” Ephesians 4:26 NIV

“A man’s wisdom gives him patience.” Proverbs 19:11 NIV

“Lord, help me control my tongue; help me be careful about what I say.” Psalm 141:3 NCV

### 4. Change the way you \_\_\_\_\_.

“Don’t copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2 NLT

“Be transformed by the renewing of your mind.” Romans 12:2 NIV

“Keep away from angry, short-tempered people, or you will learn to be like them.” Proverbs 22:24 LB

### 5. Ask \_\_\_\_\_ for help.

“Patience and encouragement come from God. I pray God will help you all agree with each other the way Christ Jesus wants.” Romans 15:5 NCV

“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” Galatians 5:22 NIV

“Whatever is in your heart determines what you say.” Matthew 12:34 NLT

“Create in me a clean heart, O God.” Psalm 51:10 NLT

“Peace I leave with you; my peace I give you.” John 14:27 NIV



## SMALL GROUP SERMON DISCUSSION

1. Read Proverbs 12:16 in various Bible versions, if possible. How do you understand this verse and how would you apply it to your life today?
2. Sometimes anger is the right response especially when it is motivated by love. When and in what circumstances do you think anger is appropriate?
3. Anger is a learned behaviour, and therefore can be unlearned and relearned. Do you agree or disagree with that statement?
4. Practically speaking, what does this sentence mean: “*When I lose my temper, I lose?*” In the long run, anger causes more anger, apathy and alienation. As a Christian, how can you respond to anger in ways that are both healthy and redemptive? See Proverbs 14:29.
5. It is important to look past a person’s angry words to see their pain. People who hurt others in anger are often those who have been hurt. Talk with your group about ways you might respond to someone in your life who lashes out toward you in anger in a way that will diminish the anger in your life and theirs. See Proverbs 19:11
6. Life comes with only one simple guarantee. God loves you. Perfectly. Unendingly. Our identity in him is secure. What obstacles might stand in the way of truly accepting your identity in Jesus Christ? What methods can you use to overcome these insecurities?
7. If the problem with anger is really in my heart, if what comes out in anger reveals what is hidden inside, how do you think being certain of your identity in Christ will change what is in your heart?
8. The three root causes of anger are hurt, frustration, and fear. How can determining the root cause of your anger help you to become more Christ-like?

Watch us on



Watch and listen to the message again, or an archived message by going to [www.youtube.com/cowplainchurch](http://www.youtube.com/cowplainchurch).