

Anger

Passage: [Ephesian 4:26-27](#)

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Getting Angry is Ungodly



What is Anger?

Why do I get angry?

Not Getting Angry is Ungodly, Too

Why don't I get angry when I should?

Responding to Anger

Let the **heartburn** motivate you

Ask who you are **treating as God**

Repent of **inappropriate** anger

Ask if God is trying to **break you** of something

Seek help, if necessary

Ask what you're **not angry enough** about

Reflecting on God's Word

1. Read **Ephesians 4:17-32**.
2. What makes you angry most often? Why?
3. Does your anger often reveal who you are treating as God? How so?
4. How can your anger help redirect who you treat as God?
5. What things has the Lord impressed on you that you should be more angry about, but you keep avoiding it? Why?
6. Do you have a problem controlling your anger? If you have been unable to resolve this yourself, who should you talk to about it next?