

Ashes to Beauty

Proverbs 15:18 “A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel..”

BIG IDEA

It is both vital and possible to travel the road from anger to patience.

ICE BREAKER

Think of a time when you were fearful that someone would be upset or angry with you but instead the person extended patience toward you. Share with the group what that experience was like.

NEXT STEP

How have you seen your anger affect others? Prayerfully consider asking feedback from a couple people.

Who can you serve with patience this week?

ADDITIONAL DISCUSSION QUESTIONS

1. When thinking of anger, think about the inner world and outer world. What’s happening in our heart and in our thoughts is the stuff of the inner world. Our inner world and its turmoil shapes how we deal with daily events--the outer world. Our inner turmoil can be constantly churning like a crockpot, or, like a microwave with bursts of anger. or like a powerplant anger which burns hot--you are grouchy and grouchy which feels like power, or like an electric stove--one can’t even tell if it’s on or not. On the outside you put on a cheery disposition but on the inside you withdraw or remove intimacy. Which style of anger do you most resonate with? Now for the hard question: why do you think you embrace the anger pattern you choose? (Think about what your goal is with the anger, think about how you

experience others' anger, think about what you are trying to do to the person you are angry at, think about how anger affected you in your family of origin.)

2. Reflect together as to how you can help one another get traction in the journey from anger to patience. Try to come up with 10 things. Pray together for one another.
3. Anger is not a primary emotion. Behind our anger is nearly always fear. Fear of losing hold of something we hold dear: reputation, our peace. When this becomes threatened we react. Try to identify a few things you are fearful of when you are angry. Some examples include: when we parent we fear our reputation with others so we react harshly to our child to minimize our shame. Or, you want to take a nap and the kids are not letting it happen--we fear we may lose what we want.

NOTES AND QUOTES

It is both vital and possible to travel the road from anger to patience. So, we must become experts on the inner world.

The person who is slow to anger has peace.

What typically happens to other people with my anger is that I inject strife into them. This is true of each of the styles of anger(styles are listed above with question #1)..

So, we must become experts on the inner world.

Anger NEVER saves the day; never.

Cycle: pride, resentment, wrath, "fight or flight". I resent because of something deep down that I fear. I'll give you the silent treatment or leave the room but I will withdraw my intimacy with you. Or, I power up and blast you.

Patience is active; it's never passive.

The church exists to proclaim Christ. We do so in a way with much patience.

Anger is not just an event. It reveals our inner world that must have it's way. The searing passion with which we guard these false gods no matter how well disguised, must be labeled bluntly. It is wrath.

In Matt 26:69 Peter's fear is going; it's survival for him. It's his night cafe. "A servant girl came up to him and said, "You also were with Jesus the Galilean. ...he denied it..."I do not know what you mean." There is a fear in him where he can't imagine telling the truth. His

love for Christ is now consumed by his fear. It's Christ or self in the heat of the moment with a spouse or friend.

Anger dehumanizes people in our crosshairs. You are no longer an image bearer worthy of my respect. Conservative or liberal is an example. You are not up to my cleverness so now I can treat you like less than me.