

Dealing with Anger - James 1:19-27

Open It

1. When are you most likely to lose your temper?
2. Describe how you express your anger? (loud words, inner “boiling”, revengeful thoughts, etc?)
3. Psalm 51:6 says of the Lord, “Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom.” Is there an underlying anger or frustration, a long term disappointment that seems to be behind your surface anger? Describe it.

Explore It

4. What instruction did James give about the relationship between speaking, listening, and anger? (1:19)
5. What is the relationship between anger and righteous living? (1:20)

6. What should a Christian clean out of his or her life? (1:21)
7. How is a person's speech related to the credibility of his or her faith? (1:26)
8. What does the Bible give to people? (1:25)

Get It

9. How can being quick to speak and quick to anger get you into trouble?
10. How do displays of anger and temper affect the witness of a Christian?
11. What makes it hard for us to practice what we know to be good?

