

Anger

1. Have you ever been the focus of another person's anger? How did you feel? What were you able to do about it?
2. Why is it important to be "slow to anger"? How does this relate to the way anger affects the body?
3. Read Mark 3:1-6. This is the only instance that Jesus is described as being angry. How does he deal with anger?
4. Read Matthew 5:21-22. How do you respond to what Jesus says about anger? You may also want to read the remainder of that section?
5. Why might the "release" of anger be regarded as counterproductive?
6. What do you think about God's anger? Why might God be angry? How does God's anger differ from human anger?