

*"In your anger do not sin": "Do not let the sun go down while you are still angry, and do not give the devil a foothold." **Ephesians 4:26-27 (NIV)***

*"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." **Ephesians 4:29-32***

1) PROBLEM of ANGER

DIVIDE
DISTRACT
DISCREDIT

2) PROOF of ANGER

*"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption." **Ephesians 4:29-30***

3) POSTURE TOWARD ANGER

*"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." **Ephesians 4:31-32***



**BASE CAMP
KIDS MINISTRY:**

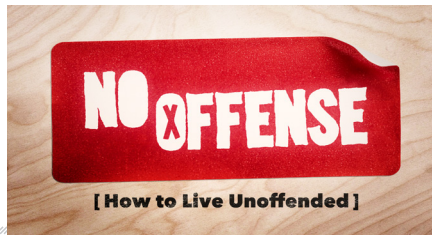
Visit journeyweb.net/children

**STUDENT
MINISTRIES:**

Visit journeyweb.net/students

GIVE ONLINE:

Visit journeyweb.net/give
or text "give" to 86225



Reflection Questions:

- 1) Do I believe that God wants me to live free from offense and anger? Why or Why not?
- 2) Where do I find myself becoming angry/offended? Who offends and angers me?
- 3) Why does the idea of living "unoffendable" seem so difficult?
- 4) How have you observed the destructive nature of anger and offense in your life and relationships?
- 5) What does this verse teach me about what some people call "righteous anger"? Read James 1:19-20
- 6) What does it mean that we give the devil a foothold? How does your anger and offense give access to the devil in your life? Your family? Your friendships? Your church? How does the devil use anger to divide, distract, and discredit the church today? Ephesians 4:26-27
- 7) Being angry and offended is inevitable but, living angry and offended is a choice. Agree or Disagree? Why?
- 8) How do you talk about those you disagree with or are offended by? Does it match Ephesians 4:29?
- 9) According to Ephesians 4:32, the opposite of anger and offense is "kindness, compassion, and forgiveness". Those words require us to move toward people. Who do you need to move toward today? What can make that challenging for you?