

**MON 8/9**

- ✓ READ James 3:13
- ✓ THOUGHT We have been created by love in the image of God. As we learn to embody Christ's wisdom and humility, those emotions of anger and frustration will loosen their grip on our lives.
- ✓ PRAYER God, I come to you today, longing to be led, inspired, and transformed by you. In your holy name I pray Amen.

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**TUES 8/10**

- ✓ READ James 1:19-20
- ✓ THOUGHT Listening in the image of God. "You must all be quick to listen, slow to speak, and slow to get angry." Listen first, and then consider your response. Sometimes the response of anger is appropriate when directed toward injustice. As we practice daily listening to God, we will discover those place where righteous anger leads us to action.
- ✓ PRAYER God, teach me to listen as Christ listened in quiet places with you, seeking your wisdom. May I always be moved to work against injustice. Amen.

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**WED 8/11**

- ✓ READ Romans 12:2
- ✓ THOUGHT Thinking in the image of God. "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." When our focus is on ourselves, we sometimes overreact to what we perceive as mistreatment. When we focus on God, we think differently.
- ✓ PRAYER Lord, this is an uncomfortable place for me as I think about my angry outbursts. Please help me turn my eyes from me to you. Amen.

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**THURS 8/12**

- ✓ READ Ephesians 4:29
- ✓ THOUGHT Relating in the image of God. "Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift." (The Message) Remember the last conversation you had with a friend. Was it tied up in a beautiful ribbon, or was it delivered with unkind motives or discouraging words?
- ✓ PRAYER Lord, in your mercy, show me the way. Amen.

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**FRI 8/13**

- ✓ READ 1 Peter 4:10-11
- ✓ THOUGHT Serving in the image of God. Angry behaviors take a lot of energy! God provides us with the energy we need to do the work of spreading the love of Christ. Are we managing our energy wisely? Consider the ways that anger might be depleting your energy to serve.
- ✓ PRAYER Lord, here I am. Use me. I want to save my energy for the work you have for me to complete. Amen.

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**SAT 8/14**

- ✓ READ James 4:10
- ✓ THOUGHT "Humble yourselves before the Lord, and he will lift you up in honor." Close your eyes. As you inhale think, "King of Kings" and then exhale, "Lord of Lords". When we come to a place of humility before God, we feel less entitled to act in anger. Acknowledge that God is in charge and submit to love.
- ✓ PRAYER God, you are above all. Transform me to act with your love and mercy. Amen.

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# GROUP GUIDE – ANGER

- ✓ **PRAYER**     **God, we acknowledge that you are already here. May our hearts be open to your presence and direction. Amen.**
- ✓ **BIG IDEA**     **Flickers of frustration can ignite wildfires of anger burning everything in its path, especially ourselves. The antidote to anger becomes a conscious choice: God's wisdom and humility.**
- ✓ **READ**     **James 3:13-16, Philippians 2:3-5**
- ✓ **DISCUSS**
  - "Do you want to be counted wise, to build a reputation of wisdom?" (The message) or do you want to be known as a person with a short fuse? Does your family have to monitor your mood for fear of how you might react? James asks us to make a choice between wise and emotional reactions. How would your spouse, child, or best friend describe your frustration barometer?
  - James then provides the antidote to anger. "Here's what you do: Live well, live wisely, live humbly. It's the way you live, not the way you talk that counts." (The Message) The condition of your heart affects the wisdom you utilize. Living well in the love of God requires commitment, contemplation, and connection. Think back to the last time you really lost it. What was the trigger? Did you feel cheated, blamed, or unfairly treated? Take a minute to pray in silence, asking God to show you the deeper places where you might be judgmental, controlling, or fearing imperfection. Consider sharing your insights.
  - "But if you are bitterly jealous and there is selfish ambition in your heart, don't cover up the truth with boasting and lying. For jealousy and selfishness are not God's kind of wisdom." James gets to the heart of the matter: motivation. The "me-me-me, mine-mine-mine" mantra of selfishness is in direct opposition to God's wisdom. Take a look at Galatians 5:22-23. What do the fruits of the Spirit say to you about anger and frustration, wisdom and humility?
  - Consider for a moment how you feel after an angry outburst. If we are called to be good managers of our God-given resources, does the way we use our energy matter? Discuss how this perspective might change the way we are able to channel energy spent on angry responses into serving others in love.
- ✓ **Pray**     **God, help us keep in the forefront of our minds that we are called to act with your wisdom. Help us to respond to others with humility and reject our selfish ambitions. Transform us with your love. Amen.**