

## Everything's Fine: Anger

**Text:** Psalm 79

**Purpose:** To learn how God handles anger so we can feel and express anger in a helpful way.

**Opening Question:** What are some of your pet peeves?

**Read and Discuss: Psalm 79**

1. *How can anger be a helpful emotion? How can anger be a harmful emotion?*
2. *What does God get angry about?*
3. *What kind of anger do you relate to the most?*
  - a. *Spewer: Explode anger.*
  - b. *Stuffer: Push down anger.*
  - c. *Leaker: Passive aggressive anger.*
  - d. *Recruiter: Get others on their side.*
4. *Vs. 8-9 Why is it important to recognize our own sin before we confront someone else's sin?*
5. *Vs. 8-9 Why is achieving God's glory the primary focus for Aspha in dealing with conflict?*
6. *What does helpful/righteous anger look like?*
7. *List out several steps you should take before you respond when you are angry?*