



Wise Up – Week 3 – Wise Up to Anger
Spiritual Formation Guide

It will damage your relationships. It will diminish your joy and hinder your growth. Over time, it will destroy you from the inside out. What is it? Anger. Wise up to this sin before it takes root in your life. And if it already has? Lean into the Holy Spirit by inviting him to direct your world.

Dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die. BUT if through the power of the Spirit you put to death the deeds of your sinful nature, you will live.

Romans 8:12-13

Don't sin by letting anger control you. Think about it overnight and remain silent.

Psalms 4:4

Fools vent their anger, but the wise quietly hold it back.

Proverbs 29:11

Be slow to get angry.

James 1:19

In the Temple area he saw merchants selling cattle, sheep, and doves for sacrifices; he also saw dealers at tables exchanging foreign money. Jesus made a whip from some ropes and chased them all out of the Temple. He drove out the sheep and cattle, scattered the money changers' coins over the floor, and turned over their tables. Then, going over to the people who sold doves, he told them, "Get these things out of here. Stop turning my Father's house into a marketplace."

John 2:14-16

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Hebrews 12:15

Discussion and Reflection Questions:

- Icebreaker: What's one of your biggest pet peeves?
- How has God been at work in your life this week? Share a moment you sensed Him working in your everyday life.
- What's one idea or truth from Sunday's message that you've been holding onto this week?
- Read Romans 8:12-13 out loud. Eddie shared that, "the more alive in the Spirit we are, the more dead to sin we are." How have you seen this to be true?
- Read Psalm 4:4, Proverbs 29:11, and James 1:19. Why is it so hard to pause before speaking when we are angry?
- Read John 2:13-22 – this puts verses 14-16 in a broader context. What do you notice about Jesus?
- Read Hebrews 12:15 out loud. Have you seen this to be true? Take a moment of quiet and see if God brings a specific situation or person to mind.
- Take a few moments of silence together as you finish your conversation and invite God's Spirit to reveal and work within your heart. Ask Him to show you the places that bitterness has taken root. Ask Him to do what you cannot do on your own.

Practices:

- Take a moment to be quiet and be reminded that God is with you (and that He loves you). Then, take a few minutes to consider what might be happening under the surface of your life – are there roots of anger or bitterness that you have not noticed? Can you talk to God honestly about the things you notice? What do you sense might be the next step He wants you to take?
- Choose a chapter of scripture to read slowly, several times (John 2 or Hebrews 12). Pause and ask God to speak to you through His Word. What words or phrases stand out to you? How do these words challenge or encourage you? What do you want to say to God in response to His Word?