

III

PACIFYING

ANGER



WEEK 3

WEEK THREE

Anger / Gentleness

READ

Colossians 3:12-15

DISCUSS

Paul ends this Scripture with this phrase: "Let the peace of Christ rule in your hearts...you were called to peace." Paul is reminding us that peace is a fruit of living a life with Christ. Therefore, what is it that is taking our peace? Is there a correlation with the lack of peace and anger we carry with us? Do we know what is causing our anger? Do we believe there can be peace in our lives?

ACT

Paul says in Ephesians that you can be angry, but you must be careful that you do not commit a sin in your anger. We know that if we confess our anger as soon as we can, we can start the reflection process of why we are angry and prevent ourselves from saying or doing something we might regret. We are called to gentleness and patience. Who is someone you need to ask for forgiveness from because of the way you have handled your anger?

LEARN MORE

The Angry Christian by Bert Ghezzi has helpful insight into this powerful emotion.