



DISCIPLE GROUP CURRICULUM GUIDE

James - Week 3: Anger

June 22-25, 2023

LEADER NOTES: **Summer trimester:** 6/5-7/30, **Fall trimester:** 8/28-12/10 **New Leader Trainings:** 8/6, 12/10 in person and 8/7, 12/18 on Zoom.

Leader Podcast Now on Spotify: This week is our Disciple Groups Minister, Greg Knapp, on Active Listening and 7 great questions to help people. You can listen to the [new episode here](#). There's also a document that goes along with the podcast this week. [Click here to access it](#). You can listen to every episode of *Leading Well in 7 Minutes or Less* on Spotify.

ANNOUNCEMENTS – *What's your next step? Stay informed and connected to ALL the things God is doing in and through The Church of Eleven22 at coe22.com/news.*

School Supply Drive: Now through 7/1•These supplies will be distributed to both our local ministry partners that fight to end childhood poverty and Eleven22 foster care families before school starts in the fall. Supplies can be dropped off at either Hope's Closet® location or in the Eleven22 Kids lobby at all campuses in the marked bins. For more information and a list of supplies needed, [click here](#).

Serve at Hope's Closet every Wednesday night in June from 6-8pm. Serve your community, give back, glorify God and love others. No experience is required, light refreshments will be provided, closed-toed/back shoes are required and ALL are welcome! [click here to sign up serve at San Pablo](#) and [here to serve at Arlington](#).

THIS WEEK'S READING PLAN: coe22.com/readingplan

Share Wins, Praises and Prayers: Where did you see God move this week?

The Point: Outbursts of anger reveal a serious heart condition. Does the peace of Christ rule your heart? Or is your anger ruling your life?

SERMON TEXT: *James 1:19-21; Ephesians 4:26-27, 31; Proverbs 14:17 and 29, 15:1 and 18, 16:32, 19:11; Ecclesiastes 7:8-9; Matthew 5:22; 1 Peter 2:1*

Discussion Questions

LEADERS: There's no pressure to get through all the questions, we suggest prayerfully planning your choices for your group. Your leadership of sharing and questioning will determine how deep your group goes with each question.

- **What stood out to you in the sermon this week?**
- **Read *James 1:19-21*. What did God reveal to you in the scriptures this week, maybe for the first time?**
- **Discover:** What makes you angry, frustrated, or aggravated most of the time?

James 1:20 says, "for the anger of man does not produce the righteousness of God."

Deepen: What's the difference between sinful anger and righteous anger? (When you get angry for no real cause, for your comfort, reputation, or your own ego, it's a sin. When you get angry for God over things that anger God, it's not a sin. Ephesians 4:26-27 says, "Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil." Tim Keller said, "Anger is love in motion to protect what you love most." What are you protecting or defending? Are you usually protecting something righteous or your ego?)

- **Discover:** What have you been angry about for so long that it has turned to bitterness?
Deepen: What makes bitterness so dangerous for us as believers? (When you carry anger for a long time, it can feel like it becomes a part of your identity and impacts your health and whole demeanor. Worst of all, it can hide and we won't even be able to recognize its destructive impact.)
- **James 1:19 – Let every person be quick to listen, slow to speak and slow to anger.**
Discover: How would someone who knows you well (maybe your spouse if they're in group with you) say you show your anger most of the time? (Pastor Joby shared that some people show no anger, some people have outbursts, and others are slow to anger. Consider your own tendencies.)

It's one thing to say we trust God with our anger - to cover it with His grace or confront it with His justice - but it's another thing to live that trust out.

Deepen: How would you think, feel, pray, and act differently if you were to trust God and surrender all your anger to Him? (Remember you can't solve your anger problem. You allow Jesus to direct it. You need the living word to cut you. Go to the bible verses that speak to this. James 1:21, "Therefore put away all filthiness and rampant wickedness with meekness the implanted word, which is able to save your souls." Check out all the verses listed above in the "Sermon Text" section.)

ACTION STEP

A Disciple...Loves All People, Discovers Identity in Jesus, Deepens Relationship with Jesus.

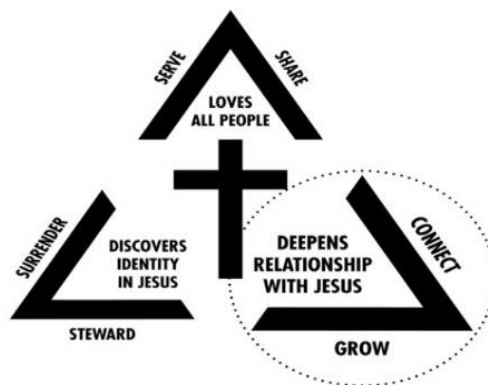
Ask God to forgive you of your anger, then ask the person you have sinned against for their forgiveness.

Pray this simple prayer:

Lord, I confess my anger to You. I have not been loving You with my heart, soul, mind and strength and I have not loved others well. Forgive me of my unrighteousness anger and replace my anger with Your peace. Help me to be slow to anger. Please bring reconciliation where I have caused brokenness in my relationships. Amen

Additional Resources:

- **RightNow Media:** Find an unending supply of resources by signing up for a FREE RightNow Media account. Go to coe22.com/rightnowmedia or text "RightNow" to 441122.
(Note: You'll need to login or create an account to view RightNow Media content.)
- Details on the 10:10 Life are available at coe22.com/1010life.



Go to coe22.com/resources and click "Download Tool" to download or print a discipleship journey tool with questions for you to ask yourself and others. Please share the link and directions with others in your group.