Wrath
Discussion Questions

1. When was the last time you got angry? What was it over?

    Were your words gentle?

    Does your anger run hot or cold? Are you more prone to blow up or clam up?[1]

2. Look at **Genesis 4:1-6**.
    Why is Cain angry?
    Why does God ask him?

        What are your anger triggers? What idols drive your anger?[2]

        What does your anger tell you about what you think you deserve? About your hopes, hurts, plans, sense of control?[3]

3. Consider some of the words and actions you most regret. Did anger play a part?

4. Look at the following verses from Proverbs. What do each of them teach us about anger?
Prov 14:29.
Prov 15:18
Prov 29:11, 22

    Why does Proverbs talk so much about the wise person not being angry?

        Why might wisdom and anger be at odds?

5. Look at **Mark 3:1-5**.
    What makes Jesus angry?
    How does he express his anger?
    How can this help guide us as we seek to handle our anger?

6. Look at **Galatians 5:19-24**. How does this help us understand:
    - the source of our anger
    - the potential consequences of anger
    - the alternative to anger
    - the way to that alternative

7. Consider **1 Timothy 2:8**: how might sinful anger hinder our prayers?

8. Look at **Romans 12:18-20**. 'Belief in a God of wrath and judgement is primitive. It only *increases* the spiral of anger and violence.' Discuss.

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[1] Hitlist, Hedges, 60.

[2] ibid, 60.

[3] Glittering Vices 2nd ed, DeYoung, 162.