

SCC SMALL GROUP STUDY
Dr. Scott E. Koenigsaecker

Wise Anger?

Proverbs 16:32; 19:19; 22:24; 29:11 & Ephesians 4:25-26

Getting Started:

1. How do you know when someone is angry/mad at you?
2. Share one thing in life that gets you to verge of getting angry/mad?

Searching the Scriptures:

A. Write a definition for the words "*patient*" and "*self-control*."

* Using a concordance (the section in the back of your Bible) look up and detailed the wisdom contained in two other verses on each subject... being patient and self-controlled.

- Patience
- Self-controlled

B. What is the warning contained in Proverbs 22:24?

* Do you agree or disagree?

C. How does your dictionary define "*venting*" of one's anger (Proverbs 29:11)?

D. What do you see as the "penalty" that "*hot-tempered*" people pay for being that angry?

E. After reading Ephesians 4:26 in context, must one literally deal with anger with someone before the "*sun go(es) down*."

F. What do you believe David is referring to in Psalm 90:8 when he refers to one's "*secret sins*?"

Applying the Scriptures:

1. What point in Pastor Scott's message stood out most to you?
2. On the rare occasion that you are angry are you more a "bottler" or a "spewer"?
3. What steps can you take to manage your expression of anger?