



10/17/2021 "Your Anger"

1. Did you grow up in a tradition where you heard the story of Noah as a child? What was highlighted or downplayed?
2. The flood addresses the problem of human violence. Read Genesis 6:5-8, 6:18-19 and 9:8-11. How does God solve the problem of human violence?
3. How did God solve problems earlier in Genesis—Adam and Eve, and Cain and Able?
4. How do we understand Genesis 6 in light of what Jesus taught? (If you get stuck here, turn to the New Testament passages mentioned below)
5. Read Ephesians 4:25-5:2. What instructions concerning anger and revenge does Paul give in this letter?
6. Seeing violence often causes others to respond with violence. Why do you think this is? Does this address the root cause of anger and violence?
7. How is his instruction connected to the life and teaching of Jesus?
8. Read Matthew 5:21-26, 38-48. What does Jesus teach about anger and violence?
9. What is at the heart of the Jesus' teaching? Why does he take such a strong stance on these things?
10. Thinking of Jesus' ministry, Jesus demonstrates anger at certain points (John 2:13-17) and then at other points submits to violence without retaliation (John 10:11-18; 1 Peter 2:21-24). Does Jesus' own experience with anger and violence help shape our response to it? If so, how?
11. What is the healthiest way you have found to respond to your own anger?
12. How can you partner with God to respond more effectively to your own anger?