

## TAKING IT HOME

Anger is often called a secondary emotion because we tend to resort to anger in order to protect ourselves from or cover up other vulnerable feelings. A primary feeling is what is felt immediately before we feel anger. We almost always feel something else first before we get angry.

As the drawing below illustrates, anger is like an iceberg, in that only some of the emotions are visible. The other emotions exist "below the water line" where they are not immediately obvious to outside observers.



As you think about the, "Anger Iceberg", what emotions below the water line do you think lead to your own anger at times? When you and your spouse fight, or when you find yourself angered by a disagreeable conversation with a friend, family member, or co-worker, which underlying emotion might be hiding just beneath the surface, undetected by others, and perhaps even undetected by you? Spend time this week asking God to help you see below the water line. Once you are willing to deal with that primary emotion, offering it to God, and being accountable to others, there is a good chance that your anger, and the unfair fighting that might result from it, will decrease.

## Fight Fairly

"I Do" – 4 of 5

April 28, 2013

Pastor John Fanous

*"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."* James 1:19–20

## THE BIG PICTURE: WHAT GOD IS DOING IN YOU

### BE QUICK TO \_\_\_\_\_

*"Fools find no pleasure in understanding but delight in airing their own opinions."* Proverbs 18:2

I want to air my opinion |-----|-----| I want to understand

### BE SLOW TO \_\_\_\_\_

*"Those who guard their mouths and their tongues keep themselves from calamity."* Proverbs 21:23

5 "Nevers" ....

### BE SLOW TO BECOME \_\_\_\_\_

*"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.* Ephesians 4:26–27

## FOUR SIGNS YOU ARE FIGHTING UNFAIRLY

## **Growth Group Homework**

For the Week of April 28, 2013

### **MY STORY**

Which of the following characteristics from James 1:19-20 best describes you and/or least describes you? If you excel at one or more of these, please don't be bashful. Share with your group how you have become better at that or share what you feel you could work on: A) Being quick to listen. B) Being slow to speak. C) Being slow to become angry.

### **DIGGING DEEPER**

The story of David and Abigail found in 1 Samuel 25 describes the potential harm that unmitigated anger can cause. Here David was deeply offended by Abigail's husband and vows, in his anger, to avenge himself by killing Nabal and every male among his household. However, something happens that keeps David from sinning in his anger. If time allows, read 1 Samuel 25 or begin with reading verses 18-35 to discover what kept David from unleashing his wrath.

1. What qualities in Abigail stand out to you in these verses, particularly as she deals with David's anger?
2. In Ephesians 4:26-27, we learn it is possible to be angry and yet not sin. In this story of David and Abigail, do you think David's anger and his plan to act on his anger was justified or wrong? Why or why not?

3. According to Abigail, what would have been the sin David would have committed, if he followed through on his anger? (see vs. 31). Then read Romans 12:19.
4. What stands out to you about David's response to Abigail in verses 32-35? How might he have been shaped and significantly changed by his encounter with Abigail?
5. After comparing the responses of Abigail and David to the situation they were dealing with, consider the times when you have significant disagreements with people in your life, or marital conflict that leads to fighting. Who do you tend to be more like: Abigail (the voice of reason) or David (avenging yourself, easily angered, and eager to fight)?
6. What steps do you think you can take on the spectrum of anger to move more towards an attitude like Abigail's and one that is less like David's?

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