

SERMON NOTES—January 19, 2025



Anger
James 1:19-20

_____ is a _____ Emotion
- Ephesians 4: 26-27

There is a Difference Between “_____”
_____ and “_____”

- Mark 11: 15-17
- Psalm 4

When We Get _____, Take Our
_____ To _____
- James 1: 19-20
- Ephesians 4:25
- Proverbs 28:13
- 1 John 1: 8-10

Be strong and take heart, all you who hope in the Lord.
- Psalm 31:24

SERMON NOTES AND QUESTIONS
FOR SMALL GROUPS/PERSONAL REFLECTION
January 19, 2025



1. Recall a time when your anger became hard to control.
2. Why do we often feel righteous or justified in our anger?
3. Describe a time when you've given your anger over to God? How did taking your anger to Him affect the situation?
4. What situations or circumstances can cause you to have an angry outburst? What can you do to mitigate that problem in the future?
5. How does building resilience help us to handle our anger?