

THANK YOU  
FOR JOINING US TODAY!

## UPCOMING EVENTS:

### AREAS TO SERVE

**Help us make Sundays the best they can be!**

We have our new "Opportunities to Serve" wall where you can see our immediate needs! Check it out, and help by giving your time!

#### Odd-Job Call List

We also are in need of a team of people to be "on call" for some grunt work around Element. It could be stacking/resetting chairs, cleaning up after an event, painting, or helping move some bark around the property (plus other things).

We are working on compiling a list to call/email as projects come up. If you would like to be on that list, let us know... it doesn't mean you have to say, "yes" every time.

Sign up at the Welcome Center  
or through this QR Code:



## JOIN OUR WEEKLY EMAIL

**Stay up to date in your inbox!**

Sign up at [ourelement.org](http://ourelement.org) or email  
[connect@ourelement.org](mailto:connect@ourelement.org) and say, "Join mailing list"



ELEMENT  
christian church

[www.ourelement.org/proverbs](http://www.ourelement.org/proverbs)



## ANGER

### Today's Verses:

Proverbs 14:29  
1 Kings 3:9  
Proverbs 14:30  
Proverbs 15:18

Proverbs 19:19  
Proverbs 16:32  
Ephesians 4:26  
Exodus 34

Proverbs 24:28-29  
Proverbs 15:1  
Proverbs 25:21  
Luke 23:34

# ANGER

We are attempting to do a series through the book of Proverbs where we look at what a God honoring people and culture looks like. We are covering topics in Proverbs that help us see the difference between how we are living and the wisdom God calls us to display in our culture and personal lives. Wisdom is more than simply being moral and good, it's knowing what the right decision to make is and what the right course of action is in the vast majority of life situations the "moral rules" don't address.

Anger can be explosive. One writer called it "the dynamite of the soul." Anger has the power to disintegrate or blow things up like dynamite. Anger is much worse on your body than anxiety or sorrow; it is even harder on your heart than extreme physical exertion. On an even deeper level, anger also disintegrates the community of relationships we were meant to live in. There is the issue of how it effects your body and how it effects your relationships, but Proverbs also speaks about how anger disintegrates your wisdom (the ability to make choices at all).

Many times what makes us angry is not what has happened to us, but what we tell ourselves about what has happened to us. Many times the thing we are defending with our anger is simply our ego, our pride, and our self-esteem. Anger is often misplaced because we are ordering our love in a way that puts ourselves first. Until God's love for us is more important than our anger at others, there is no way we will ever get control of our anger.

If we can see Jesus taking our disordered rage at infinite cost to Himself, then we see how He loved the sinner and hated the sin. He forgave our sins so He could embrace the sinner. If we can become a people who understand the Gospel, we will be stunned into silence by how He responded to our disordered anger...and then when other people wrong us, we can do the same. It is by UNDERSTANDING THE GOSPEL that our lives are changed!

## Introduction

John Chrysostom, an early Christian preacher, summarized the biblical understanding of anger this way, "*He that is angry without cause sins, but he who is not angry when there is cause sins. For unreasonable patience is the hotbed of many vices.*"

## Discussion

How do you define anger?

What is anger and what isn't anger?

## Explanation

When have you been the angriest in your life?

What happened, did it ever resolve?

If so, how?

## Application – Read Proverbs 24:29

Think of the last few times you were angry. Now answer the question of, "What is this thing that's so important to me that I'm defending?", based on the message from Sunday.

Does your anger deal more with pride or disordered affections? How?

How is your love "ordered" when you get angry?

## Mission

Who have you been unreasonably angry with in your life?

How can you proclaim the Gospel by word and deed to them now?

In what ways could you change how you handle anger to be a proclamation of the Gospel?

## Homework - Read Proverbs 8:10-11

When have you displayed foolish behavior?

## Discussion Key

Red – Easy level, not much intimacy, Blue – Intended to dig a bit deeper

Black – Designed to create deeper conversation