



The Trade

Part 3 – Holding on to What’s Holding You

Discussion Guide

Anger is defined as a strong feeling of annoyance, displeasure, or hostility. We all experience it in some manner. However, does your anger lead to sin in your life? Paul teaches us in Ephesians that it is okay to be angry, but do not sin. When you do so cross over the line into sin, it allows the enemy to set up a room in your heart. This week we will look at ways to allow our anger to lead us to Jesus in surrender and not into sin. Ultimately, Jesus wants us to trade our anger for His peace.

Jump Start

1. What kind of angry person are you? Do you express (the dumper) or suppress (the stuffer)?
2. Read [Ephesians 4:26-27](#); [Psalm 4:4-5](#), and [James 1:19-20](#). Would you agree or disagree that most anger stems from selfishness or wounded pride? What other causes would you suggest? How do these verses outline how we should deal with our anger?
3. Read [Proverbs 29:11](#) and [Ecclesiastes 7:9](#). Since there is so much sin and injustice in the world, how does this verse help you to define what is the correct way to measure your anger? How can we know if our anger is righteous anger or born out of selfish motives?
4. According to [Ephesians 4: 32-32](#); [5:2](#), what are the attributes of following Jesus? Define how each of these attributes can be lived out in your daily life. Read [Galatians 5:22-23](#). How do these attributes and the Fruit of the Spirit align? Explore what Billy Graham has to say about [growing the Fruit of the Spirit](#) in your life.
5. Read [Philippians 4:7](#) and [Isaiah 26:3](#). What is the trade (the benefit from God) which we receive when we surrender our anger? How can trading how you currently deal with anger bring glory to God and change those around you?
6. **Challenge:** Pray and ask God to show you if there is anger that has caused destruction in your life or your family's life. Then go and seek forgiveness; apologize. If the person you are seeking forgiveness from is no longer with us, you can confess your sin to God and know that you are forgiven. If the person who has harmed you cannot be addressed, ask for prayer and help from your Cove family and others. God wants you to let go of the bitterness of that hurt.

Deeper

We will learn how to complete a **SOAP Bible Study** by looking at a passage of Scripture and breaking it down. **SOAP** stands for **S**cripture **O**bservation **A**pplication **P**rayer. Let’s get ready to sit down with the Bible and see to what God wants to show us. Completing this study during your quiet

time, then sharing with your Life Group, can allow for deeper understanding and revelation of new perspectives. **Things you will need:** Bible, Notebook, Pen.

This week you will be doing a deep dive into verses on anger. You will take time to look at a few different instances where people throughout the Bible were angry with God. Then, look at how God responded. How we view God oftentimes influences how we view others with whom we are in relationships. And our anger at others sometimes affects how we view our Father God. Yet, He is present and loves us so dearly. His thoughts about us are as countless as the sand on the seashore ([Psalm 139: 17-18](#)). Also, join us for [Dig Deep on YouTube](#) for an even further study of this week's message.

7. **Scripture.** Using [biblegateway.com](#), look up the word "anger." Find some occurrences where a person was angry at God; observe how God reacted to that person. What principles can you gain for your life from these stories?

Take time to read these passages and allow God to speak to you. Jot down anything that made you stop and pause or anything that you questioned. When you are done, look for a verse that particularly spoke to you and write it out fully in your journal.

8. **Observe.** What is God saying to you in these verses? What overarching theme or promise did you see? What did the specific verse / story that you were drawn to teach you?

What do you think God is saying to you, personally and specifically, in these Scriptures? (You can even have a short prayer at this point, asking the Holy Spirit to teach you and reveal Jesus to you. Remember that He promised to give us wisdom and reveal truth to us when we ask.)

9. **Application.** How will you apply this and not give a foothold to sin? How does this shift the way you view God?

Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections in an area of your life. Write down how this Scripture applies to you today.

10. **Pray.** Pray about what you have read in these verses about anger. Pray your special verse back to God, asking Him to help you understand and apply it.

This prayer can be as simple as asking God to help you use this Scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so take time here! Be sure to listen to what God has to say! Now, write it out. Journaling your quiet time helps you to see what God is teaching you over time.