



## I Vent My Anger

Presenter: Jim Hammond

## Talk It Over

I'm That Fool  
(Week 5)  
I Vent My Anger

### SMALL TALK

1. When you get angry, which less than helpful tendency happens more frequently: "blowing up" or "clamming up"?

### VIEWPOINT

2. **READ Proverbs 29:11; 25:28; 19:11; 29:20; 29:22; 14:17; 14:29; 15:18; 19:19; 22:24-25.** What wisdom about anger do you find in these verses?
3. **READ Ephesians 4:26-27.** Is having the feeling of anger a sin? Based on these verses, is the following statement true or false: "The Bible makes it clear that anger is sin and should be resolved"?
4. **READ Psalm 7:11.** Does Psalm 7:11 fit with your answer for question 3? Is there a distinction between being angry and sinning? Show from Psalm 7:11 and Ephesians 4:26-27 the reasoning for your answer to the question "Is the feeling of anger sin"?
5. From **Proverbs 29:11** name one sinful response to the feeling of anger, and from the latter half of **Ephesians 4:26** a different sinful response to the feeling of anger.

### GETTING PERSONAL

6. What do you do to not let the sun go down on your anger? What are some constructive responses to anger?
7. When you are angry how can you redirect the energy of that emotion to be more "solution oriented" rather than "problem oriented"?

### PRACTICE!

Through this series read the chapter of proverbs that corresponds to the date of the month. For example: On April 4, read Proverbs 4. Make a note or two on which wise saying you found most helpful. **(Anyone care to share something from their notes on this practice?)**

- I. I \_\_\_\_\_ like a \_\_\_\_\_
- II. My uncontrolled words are a \_\_\_\_\_  
\_\_\_\_\_
- III. My quickdraw \_\_\_\_\_ is still a smoking gun
- IV. The remedy is \_\_\_\_\_

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