

theHOME SHEET

Vices | Part 4 | Anger

March 27, 2022

SCRIPTURE READINGS

Again he entered the synagogue, and a man was there who had a withered hand. 2 They watched him to see whether he would cure him on the sabbath, so that they might accuse him. 3 And he said to the man who had the withered hand, "Come forward." 4 Then he said to them, "Is it lawful to do good or to do harm on the sabbath, to save life or to kill?" But they were silent. 5 He looked around at them with anger; he was grieved at their hardness of heart and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. 6 The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him. **-Mark 3:1**

SOMETHING TO THINK ABOUT

1. What makes you angry?
2. Think of a time you were angry recently. What narrative were you telling yourself? What was truly bothering you?
3. In the scripture above, Jesus is angry. However, Jesus doesn't let his anger come out as aggression. He doesn't raise his voice or say mean things to the Pharisees. Instead, Jesus uses his anger to further the kingdom of God by healing a man.
 - a. While this seems like a lot to live up to, how can we use our anger to bring about the Kingdom of God?
4. "God designed us with the capacity for anger. Yet all of us are embarrassed by our angry outbursts, which often leaves a trail of hurt and pain. So why did God make anger possible? Because anger is the correct response to injustice. And we are naturally opposed to injustice because we are created in the image of God." -James Bryan Smith
 - a. Have you ever been embarrassed by your anger?
 - b. Which injustices in the world make you righteously angry?
5. Many Christians think anger is always sinful and try to repress it but becoming angry is the right course of action in some cases.
 - a. What might an example of this be?
 - b. What changes for good have been made in the world due to righteous anger?

PUTTING IT INTO PRACTICE

James Bryan Smith says in order to overcome and control our anger we need to examine the narratives that we are telling ourselves, dig a little deeper to find out where those narratives are coming from, and focus on Jesus' narrative about us, rather than our own. Once you do this, challenge yourself to channel your anger into worthy causes.