



Large Group Discussion Questions

11.5.25 - “Transforming Your Anger”

Workshop Summary:

Tonight’s Family Talk Workshop, led by Pastor Charles, teaches that anger isn’t good or bad—it’s a signal pointing to deeper emotions like hurt, fear, or loss. When left unresolved, anger gives the enemy a foothold and harms our relationships. With honesty, self-reflection, and the Holy Spirit’s help, we can choose to respond like Jesus—absorbing pain instead of spreading it and allowing His love to bring healing.

Main Points:

Unresolved ANGER gives the DEVIL a foothold in your LIFE

Anger Defined:

Anger is neither GOOD nor BAD; it is a strong emotional reaction to something you perceive as wrong, unfair or hurtful.

Three Truths About Anger:

1. Anger is a SECONDARY emotion
Anger is a reaction to a deeper EMOTION. It’s not the FIRST emotion, it’s the SECOND.
2. Anger is often associated with LOSS
The bigger the gap between EXPECTATIONS and REALITY, the deeper the LOSS and often, the more intense the ANGER
3. Anger is not automatically SINFUL-your RESPONSE determines that
Most of what we call JUSTIFIED anger is ME-FIRST anger

Three Sinful Responses To Anger:

1. EXPLODERS
2. STUFFERS
3. LEAKERS

Three Steps To Dealing With Anger

1. ADMIT your anger honestly
You cannot HEAL from what you refuse to FEEL
2. ANALYZE what’s really going on

3. TRANSFORM your response
 - a. Choose to ACT, not REACT
 - b. Let God be GOD because you are NOT
 - c. ABSORB the pain, don't SPREAD it

Discussion Questions:

1. **Anger Is a Secondary Emotion:**

How can knowing that anger is triggered by something else (a 1st emotion like sadness, loneliness, worthlessness) change how you think about anger and how you process when you are feeling angry?

2. **Expectations and Reality:**

Think about a time when what you expected didn't match what actually happened. How did that gap make you feel, and how did you respond?

3. **Different Reactions to Anger:**

Do you tend to be more of an *exploder*, *stuffer*, or *leaker* when you're angry? How does that response affect your relationships with friends or family?

4. **Act vs. React:**

What's a recent moment when you reacted in anger? How might the situation have been different if you had paused and chosen to act (rather than react) instead?

5. **Letting God Be God:**

What helps you trust God when things feel unfair or out of control, instead of getting angry at Him or others?

6. **Absorbing vs. Spreading Pain:**

What does it mean to "absorb the pain instead of spreading it"? Can you think of a time someone did that for you—or when you could do that for someone else?

7. **Jesus' Example:**

How can Jesus' example of responding to anger on the cross challenge or encourage you in the way you handle your own anger?

