

## **Week 2 Reading & Scripture**

There are times that I think anger is an epidemic in men. I seem to run into angry men everywhere I go. Many of us live with our anger so close to the surface that it is just waiting for an opportunity to jump out and take over. Have you ever been surprised by your anger? Have you ever felt you were watching a crazed person acting out their anger, and then realized it was you? Has your anger ever caused your spouse to be fearful? If you answered “yes” to any of these questions, or even if you had to think twice before you answered, it may be time to deal with your anger.

Pastor Craig says that his experience tells him most men are really angry at themselves. Let that sink in for a moment. Is there any truth in that for you? Is it time to take that first step in dealing with your anger by admitting that you have a problem? Remember, getting help is not a sign of weakness but truly a sign of strength.

### **Bible References**

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. -James 1:19-20

Better to be patient than powerful; better to have self-control than to conquer a city. -Proverbs 16:31 NLT

A fool always loses his temper, But a wise man holds it back. -Proverbs 29:11

## **Week 2 Discussion Questions**

1. Do you think your wife or children have ever felt afraid of you? If so, how does that make you feel?
2. How does your anger affect you, your spouse, and your kids?
3. Have you ever been surprised by your anger?
4. If you ask yourself, "why am I frustrated?" what is your answer?
5. If you have an anger problem, what is your next step in getting it under control?
6. Pastor Craig talked about our cause and God-given desires to fight for righteousness. What is your cause?
7. What opportunities are around you where you can fight for righteousness?

### **Next Step Question**

"Getting help is not a sign of weakness but truly a sign of strength." How does that concept play out for you in your life?