



Small Group Participant Guide

James 1:19-22 | What Jesus Said About...Anger

To The Point

Key Verse: "for the anger of man does not produce the righteousness of God. (James 1:20, ESV)"

Objectives: Through your time exploring this passage, you will:

Discuss the prevalence and problem of anger

Explore the implications of the consequences of misplaced, misdirected anger

Apply the biblical remedy for anger, in practical terms for your daily life.

Conversation Starter: Anger Management

Which of the following is the most destructive type of anger and why?

- The HULK - When you're angry, it's like you're a different person altogether, and any confrontation when you're angry is likely to make you angrier.
- The Teapot - When something gets you steamed, you will boil and make noise unless you are able to get away from the source and cool down.
- The Land Mine - people don't always know what will set you off, but when somebody or something triggers you, you explode, and you typically cause collateral damage.
- The Freezer - You give a cold shoulder to others, reduce your relationships to a chilled silence, and even put your emotions on ice.
- The Undertaker - When someone or something has crossed you, they or it are dead to you.
- The Diabolical Surgeon - You express your anger with cutting sarcasm, wielding the other people's words like a scalpel to cut apart their arguments, and you never bury the hatchet because you might need it later!

Which of these (or another style) best describes you, at your worst?

What is Anger? (James 1:19)

According to this verse, to whom is this passage (and the entire letter) written, and why does it matter?

Why do you think it matters that the instructions are directed to "every person?"

What does it mean to be "quick to listen and slow to speak?"

What do you think is the relationship between being quick to listen, slow to speak, and slow to get angry?

The problem of Anger (James 1:20)

This verse uses the term "the anger of man." What do you think that term means to you?

What is "human anger?" What is its source and why do you think it can be expressed in so many incorrect/unhealthy ways?

What comes to mind about things that typically stir up "the anger of man?" For each of these, identify the "perceived injustice" that prompts the angry reaction.

What is "the righteousness of God?"

What do the "righteousness of God" and the "anger of man" have in common? How do they contrast?

What does it mean to you that the "anger of man" cannot accomplish the righteousness of God? Why can't it do this?

The Remedy to Anger (James 1:21-22)

What is the significance of "therefore?"

What does it mean to you to "put away all filthiness and rampant wickedness," in respect to anger? What does that look like in your life?

Once you turn from your filthiness and rampant wickedness, you are instructed to instead receive with meekness the implanted word, which is able to save your soul. What does that mean to you? Why is this instruction vital?

What do you see in verse 22 that indicates the resource for ongoing relief from destructive outbursts of anger or unhealthy habits of anger? How does this resource accomplish the righteousness of God?

Jesus in Focus

Where in this study do you see Jesus: Christ-like practices, examples, principles?

What are some other Scriptures that come to mind or are relevant to this chapter's themes, teachings, or emphases?

What is one "take-away" for you from this chapter?