

OBSERVATION -- As a group, talk through and summarize the passage. Think through *Who, What, Where, When, How, and Why* questions together.

INTERPRETATION -- Answer these questions together:

1. What does this passage teach us about us?

- a) Read Proverbs Pro.14:29; 15:1,18; 19:11. Pst. Mark mentioned that we need to understand and address our anger. How does these passages help us understand the nature of human anger? How does it help us to address it? More so, how have you experienced the effect of accurately directed anger? How have you experienced the negative effect of poorly directed anger?
- b) Pst, Mark mentioned that anger is emotion toward a threat to that which we love or long for (**NOTE: Anger could be manifested in both outrage and inward bitterness towards another or something**). This could be longing for Christ (his works and holiness), recognition, power, control, acceptance, comfort, and pleasure. From experience, how has anger displayed our heart's love or longing (Check Eph 4:20-26)?
- c) Pst. Mark mentioned that anger damages relationships, hinders self-control and application of wisdom, and leads to destructive cycle of choices (Read Pro 19:19; 14:29). Discuss how you have seen these results of anger manifested?

2. What does this passage teach us about God?

- a) Pst. Mark mentioned that God shows his glory by overlooking our offense. Discuss that point as you read Exodus 34:6-7 and Proverbs 19:11. How have you seen God through the biblical narrative exercise slowness to anger? Also, how have you seen God exercise well-directed anger in the biblical narrative (especially towards sin)?

3. What does this passage teach us about grace/salvation? How does it point to Christ? (READ 1 PETER 2:21-25)

- a) Pst. Mark mentioned that Jesus took upon himself our sinful anger. How does Christ response to our anger towards him (who was also God on earth) reflect Christ's love for us?
- b) Pst Mark mentioned that Jesus took upon himself God's anger which was meant for us. How does Christ's death satisfy the anger God has against us?
- c) Knowing that Christ took our anger and Father's wrath upon himself, how should then live according to this example that we have in Christ

APPLICATION:

- a) Pst Mark mentioned that the denial of our anger can make it continually fester into bitterness or self-righteousness (being an expert at other people's weakness rather than their strengths or our weaknesses). As a result, discuss these three ways we ought to continually confront our anger:
 - i. **Admit** you are angry without minimizing its state
 - ii. **Analyze** your anger within a community
 - iii. **Repent** by continually and intentionally addressing your situation of disordered love with the word of God (Read James 1:19-21; 1 Peter 2:1-5)

PRAYER

- Praise God for His glory that overlooks our offenses
- Confess how you have been angry, and the disordered love that displayed through that anger
- Thank God for the sacrifice of Christ that satisfies God's anger and puts us back in relationship with God
- Ask God to continually transform your disordered love into a well-directed love for Him