

WEEKLY GAME PLAN

From Wrath to Release

Read 1 Peter 1:3 NIV, Proverbs 16:32, Proverbs 19:11

Context: God, through the Holy Spirit working in us, has already given us all we need to live a godly life. It's our responsibility to take hold of the resources we have been given to do what God calls us to do. We see strength through anger romanticized in media all the time. Think John Wick. However, God says that the person with self-control will come out better than the person who takes a whole city. While the world may think we're a doormat if we let an offense go, God says this will give us glory.

Reflection Question: How can you utilize what God has already given you to navigate anger in a godly way? What makes it okay to overlook an offense that has happened to us?

Read Psalm 4:4 ESV, Ephesians 4:31, Colossians 3:8, James 1:19-20, Ephesians 6:26

Context: God created us. He knows exactly how we feel. He knows what we are going to get angry about. We are not scolded to *never* become angry. We are told to be *slow* to get angry. This is not an issue of time, but an issue of self-control. God's challenging us to take a deep breath and figure out why we're angry and what the best course of action is next. God wants us to be able to do something productive with the anger that is a benefit to others, not a stumbling block.

Reflection Question: What have you done productively because you were angry about a situation? Have you started a charity, or helped with the homeless, or made your home more peaceful, or learned to get along with your friends or co-workers? How can you take longer to become angry this week?

Read Proverbs 14:17, Proverbs 29:11, Ecclesiastes 7:9 ESV

Context: One of the most effective ways to look like a fool is to be caught having an angry rant or fit. Even if you do somehow show yourself to be justified, that is all negated because you look like a toddler who couldn't control themselves. It's hard to take someone seriously who is speaking in anger. We are called to be wise. People who can control themselves under extreme circumstances are considered wise.

Reflection Question: What are you going to determine for yourself? Will you be a wise person, in control of yourself, or a fool who is out of control? How can you practice being the type of person you want to be this week? What would someone see if there was a recording of you the last time you got angry?

Read Galatians 5:22-24 ESV, Romans 12:18-19, Romans 8:11

Context: The same Spirit that raised Christ from the grave lives in us, if we are Christians, and has given us full access to the fruit of the Spirit. We don't have to ask for more. We have to be willing to practice what we already have. We have what it takes to navigate anger in a godly way, especially if we trust God enough to get justice for us. We need to have faith that He's going to do it in a way that is best for us and best for the other person involved. Just like we want God's mercy when we have wronged others, they want God's mercy when they have wronged us.

Reflection Question: Why do you feel entitled to God's mercy when you wrong someone else, but want God's swift vengeance when someone wrongs you? What do you need to remember about what God has done for you in the past to be able to trust Him with your future? How can you take hold of the fruit of the Spirit that God has already given you?

Read Galatians 6:7-10, Matthew 7:1-2, James 2:13

Context: The judgment of God is a scary thing if we consider what we actually deserve. When God says that we'll be judged by how we judge others, that cannot end in our favor. We are imperfect, while God is perfect. We should probably leave the judging to the one who can do it perfectly. We want mercy for ourselves. The more Christ-like we become, the more likely we will lean towards being merciful to those who wrong us instead of trying to stand in judgment over them.

Reflection Question: Who has shown you mercy after you wronged them? How did that work to help diffuse the situation? How did your relationship heal? What kind of measure do you want God to use when judging you? How are you reflecting that by how you're treating others?

End in prayer. How we respond to anger is a choice. The more we practice releasing those things that are angering us to God, the more free we become.