

Beyond Blue

Anger

Discussion Questions

Warm-Up: What things make you mad when you drive? What helps you calm down from these feelings of anger?

Discussion Questions:

1. What does anger from being scared and hurt look like in your life?
2. Read I Peter 5:7. How does this help us think about anger? What are other Biblical stories that have helped you understand this topic? Phil. 4:8-9
3. How does the world teach us to cope with anger from being scared and hurt? Look at Psalm 23 to see how David coped with anger, fear and hurt. What is the most striking thing to you about David's response in Psalm 23?
4. What are some ways to demonstrate love to someone who is angry from being scared or hurt?