



## WEEK 3

# THE DEADLIEST EMOTION

The deadliest emotion: Chronic \_\_\_\_\_

Often at the root of anger is this core conviction: "\_\_\_\_\_"

What causes fights and quarrels among you? Don't they come from your desires that battle within you? **You desire but do not have**, so you kill. You covet but **you cannot get what you want**, so you quarrel and fight. James 4:1,2 NIV

In your anger do not sin... Ephesians 4:26a NIV

### 1. Refuse \_\_\_\_\_

Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26b,27 NIV

### 2. Restrain \_\_\_\_\_

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Ephesians 4:31 NIV

Stop \_\_\_\_\_

### 3. Release \_\_\_\_\_

Be kind and compassionate to one another, **forgiving** each other, just as in Christ God **forgave you**. Ephesians 4:32 NIV

Forgiveness: \_\_\_\_\_ (See Matthew 18:23-35)

Forgiveness is not:

#### How do I release those who "owe me"?

1. \_\_\_\_\_ who you're angry with
2. Determine what they \_\_\_\_\_ you
3. \_\_\_\_\_

Heavenly Father, \_\_\_\_\_ has taken \_\_\_\_\_ from me.

I have held on to this debt long enough. I choose to cancel this debt.  
\_\_\_\_\_ doesn't owe me anymore. Just as you forgave me, I  
forgive \_\_\_\_\_.

4. \_\_\_\_\_

This series is based on *Enemies of the Heart* by Andy Stanley

## DISCUSSION QUESTIONS

### For personal, family, or group use

1. From your own observation, how can unresolved or uncontrolled anger affect a person?
2. In terms of expressing anger, do you tend to “shout out” or “shut down”—are you explosive or passive?
3. How would you assess your life right now in terms of the anger you're experiencing? In what ways might you need help in this area?
4. What/who are your anger triggers?
5. What are some debts others owe that you are ready to cancel?