

Vision Based Curriculum

Honor God ...
Make Disciples

March 19, 2017

Big Idea

Most people are familiar with the term "anger management." In fact, many of us know people who have gone through it. Anger management is big business today, both in psychology and in our pop culture. "Anger Management" is even the name of a major motion picture. If you read between the lines, the phrase reveals a pervasive deception: We no longer believe in change. At some point, our cultural consensus decided to just settle for *managing* dysfunctional and dangerous behavior. We no longer have any hope of removing or healing it, so we will just try to contain it.

Jesus was not into "management." Because He came from Heaven, He knew the power of the age to come, and He was very comfortable with that. Jesus knew that when it is "downloaded" into the earth, transformation – not management – occurs. That's why He served physical healing, relational reconciliation, demonic deliverance and other glimpses of the age to come. He taught those who followed Him to do the same things.

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." (Romans 12:1–2)

Discussion Questions

1. How can we help ourselves (or someone else) change an angry spirit? The first step is to extend (and seek) forgiveness. How have you seen forgiveness impact anger?
2. Have you ever heard someone say "You need to forgive yourself."? Is forgiving oneself important in overcoming anger? How so?
3. We are called to walk through life as an Ambassador of Heaven. Representing the values, attitude and power of God. Extending kindness, grace, compassion and healing everywhere we go. Being an agent of forgiveness in an unforgiving world. Letting Micah's words serve as a reminder: "Do justice, love mercy, and walk humbly with your God." How does anger keep us from living this out?

Prayer Focus

- Pray with your group for your relationships.
- Ask God to show you how and where to be an ambassador of reconciliation.
- Thank God for the community of believers He has placed you in.
- Thank Him for your pastors, leaders, and friends.
- Pray that the gospel would continue to be preached and more disciples would be made through the church.