



What Do We Do With Our Anger? – Week 2

DISCUSSION GUIDE

Overview

In the second message of the series entitled, *Triggers*, we will recognize *why* and *how* we are triggered and learn how we can respond differently.

Discussion Questions

What is a trigger? A trigger is a stimulus that shapes our thoughts and actions and demands a response. It's something that sets off a memory tape or flashback transporting the person back to the event of his or her original trauma or experience. How we choose to respond to a trigger is our choice.

Romans 12:2 says, **"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."** It's important that we break down the lies that are triggering us and replace them with truth. Even after great trauma, we can still choose a path toward healing. **Galatians 5:16** says, **"...Walk in the Spirit, and you shall not fulfill the lust of the flesh."** When we choose to walk in the Spirit, we can eliminate old triggers and create new pathways towards freedom.

- Why is it sometimes difficult to choose to walk in the Spirit? How can we be sure to consistently make the right choice to walk in the Spirit?

In **Numbers 20**, Moses was facing the loss of his sister, unmet needs, and personal accusations, causing him to demeaningly speak to the people in anger and deviate from what God instructed him to do. Moses was triggered, and in response to his outburst and sin, God disciplined him and said Moses wouldn't enter the Promised Land.

Anger is a strong feeling of intense displeasure, hostility, or indignation that results from a real or imagined threat, insult, frustration, or injustice toward yourself or others. Anger can be good if it leads you to righteous acts, but it can also cause us to sin against God, ourselves, and others if not handled properly. **Ephesians 4:26-27** says, **"Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil."** Paul encourages us that anger is not a sin, but it can lead to sin. Undealt with anger can lead to great harm in our lives and relationships.

Three Steps to Tame Your Anger:

1. Be aware.

Understand the environments, situations, and relational issues that trigger your anger. When we learn to manage our triggers, we can choose what will work best for us to help us get through the situation. This will give us a sense of peace and control, helping us to move forward in confidence in our lives.

- Are you aware of the environments that trigger you? How can you prepare to best respond in those situations?

2. Be prayerful.

Numbers 20:6 says, **“So Moses and Aaron went from the presence of the assembly to the door of the tabernacle of meeting, and they fell on their faces. And the glory of the LORD appeared to them.”** Moses was angry, yet he still went to prayer and the presence of God. Moses processed his life through prayer and an authentic friendship with God.

- Why should prayer be our first response when we are triggered with anger?
- When you see someone else triggered, how can you help them choose the path of peace?

3. Be deliberate.

In **Verse 8** God says, **“... Speak to the rock before their eyes, and it will yield its water; thus you shall bring water for them out of the rock, and give drink to the congregation and their animals.”** In **verses 10-11**, Moses says to them, **“Hear now, you rebels! Must we bring water for you out of this rock?’ Then Moses lifted his hand and struck the rock twice with his rod; and water came out abundantly...”** God instructed Moses to act with a clear, deliberate response. He was to verbalize, and speak to the rock—but not strike. Remember **Ephesians 4**, be angry and don’t sin.

- Has there been a time where you chose a Spirit led response to anger? If so, what was the outcome?

Life Challenge

We are deceived when our needs override our convictions. Moses’ need for retaliation because of his pain was greater than his conviction to obey God. This is why it is important to choose a path towards healing and renew our minds daily. In order to be led by the Spirit, we must surrender everything to Jesus regardless of our situation. This week, as situations occur causing triggers, surrender it to Jesus and choose the path of life.

Prayer

Thank You, Jesus, for showing us the path towards healing. In our most vulnerable and difficult moments, give us strength. Help us turn away from a fleshly choice and choose a Spirit led response that leads to peace. Amen. Pray for the specific needs of the group.