



MAD AT ME

Key Scripture

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

James 1:19-20

God heals our anger when we embrace grace

1. God's grace erases our guilt

For all have sinned and fall short of the glory of God. And all are justified freely by his grace through the redemption that came by Christ Jesus.

Romans 3:23-24

2. God's grace defines our identity

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.

Ephesians 1:4

3. God's grace guarantees our future

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand.

Romans 5:1-2

For personal reflection or group discussion.

- On a scale of 1-10 how easy is it for you to get angry?
- 70% of Americans get angry every day by something they see in the news. Does this surprise you?

Questions to go deeper in your faith.

When it comes to anger, we can be mad at things, situations, other people, and ourselves. Which of these four would you say gets you angry the most?

We can get mad at ourselves for what we have done and what we have not done. Of the times you get mad at yourself, is it for things you've done or haven't done?

What failure from your past do you need to start treating with thoughtless inattention?

Dig into Scripture.

Read Romans 3:23-25. What does this passage have to say about us? What might it say about lingering guilt we may feel about our failures and sins?

Read Ephesians 1:3-14. Name all of the spiritual blessings mentioned in this passage. How might this inform the way you see yourself? How could you carry this reality with you daily?

Read 2 Corinthians 7:10. Godly sorrow leads to repentance, while worldly sorrow is when we are mired in guilt and negative feelings about ourselves. What has been your experience with Godly sorrow and/or worldly sorrow?

Next Steps

- What might the Lord be calling you to do this week? Meditate on his Word? Accept his gift of grace for your past? Be slow to anger?