

## Songs and Sayings

### Anger (8.2.20)

**S** Scripture  
**O** Observation  
**A** Application  
**P** Prayer



### **Anger is a process, not a destination.**

- What's one thing that stood out to you this week? Why do you think it grabbed you?
- Who was your favorite superhero or television character as a kid?
- If we want to be the hero, why don't we handle our anger better?

**Read:** Proverbs 16:32, 17:27, 14:29

- What are the signs of getting angry?
- What things tend to cause you anger?
- Do you view self-directed anger (such as negative self-talk) the same as outward-directed anger? Why or why not?
- What is encouraging to you about anger being a process?
- Think of someone you know that has good control of their anger. What do you think of that person? What can you learn from what they do?
- What do you consider your identity to be? How can holding on to that identity help with anger?
- Who or what do you have in your life to help you with anger?

**Prayer:** Pray that you are able to lean on God and the people around you to help you process your anger so that it doesn't get out of control.