

DEADLY SE7EN

Week 6: Wrath



Monday

"A gentle answer turns away anger, but a harsh word stirs up wrath."
Proverb 15:1

"A fool gives full vent to his anger, but a wise man holds it in check."

How can I give a "gentle answer" to my supervisor, even when she seems to be asking for things that are unreasonable? How could that help in a difficult situation?

Tuesday

"For nothing will be impossible with God." Luke 1:37

"Be angry and do not sin. Don't let the sun go down on your anger, and don't give the Devil an opportunity." Ephesians 4:26-27

Why is it good not to go to bed angry with a family member?

Wednesday

"Do everything without grumbling and arguing..."Philippians 2:14

Does grumbling and complaining ever help a situation? If your neighbor is doing something that really annoys you, what should you do instead of grumbling and complaining about it?

Thursday

"He has made everything appropriate in its time. He has also put eternity in their hearts, but man cannot discover the work God has done from beginning to end." Ecclesiastes 3:11

"Don't let your spirit rush to be angry, for anger abides in the heart of fools." Ecclesiastes 7:9

Have you ever been angry about something before you understood the whole story? How can understanding the entire situation help and where does God fit into that?

Friday

"Anger devours almost all other good emotions. It deadens the soul. It numbs the heart to joy and gratitude and hope and tenderness and compassion and kindness." John Piper

"A hot-tempered man stirs up conflict, but a man slow to anger calms strife." Proverb 15:8

How can you let something that should be a time of joy (birthday party or family wedding) be poisoned by anger? What can you do about it?