

## Connection Group Discussion Questions

For the week of October 16, 2016

Ephesians 4:26-32

*These questions are to be used as a spring board for discussion.*

*Answers may or may not be found in the sermons.*

### **New Revised Standard Version (NRSV)**

<sup>26</sup> Be angry but do not sin; do not let the sun go down on your anger, <sup>27</sup> and do not make room for the devil. <sup>28</sup> Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. <sup>29</sup> Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. <sup>31</sup> Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, <sup>32</sup> and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

### **Common English Bible (CEB)**

<sup>26</sup> Be angry without sinning. Don't let the sun set on your anger. <sup>27</sup> Don't provide an opportunity for the devil. <sup>28</sup> Thieves should no longer steal. Instead, they should go to work, using their hands to do good so that they will have something to share with whoever is in need.

<sup>29</sup> Don't let any foul words come out of your mouth. Only say what is helpful when it is needed for building up the community so that it benefits those who hear what you say. <sup>30</sup> Don't make the Holy Spirit of God unhappy—you were sealed by him for the day of redemption. <sup>31</sup> Put aside all bitterness, losing your temper, anger, shouting, and slander, along with every other evil. <sup>32</sup> Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ.

**Connection Questions:**

1. If you know how the game Aggravation is played, describe the object of the game. Then discuss how our use of anger is similar to this game.
2. Read Matthew 5:21-26 aloud to your group. Discuss what you think Jesus was doing in comparing murder with anger.
3. As Christians should we ever get angry? Why or why not?
4. Are you aware that usually adrenalin builds up in our body when we get angry? How can being aware of this fact assist us in dealing with our anger in a more effective way or can it?
5. Every time we decide to allow anger inside us or explode in an inappropriate way we become less than fully human, less than the people God created us to be. Jesus in our text is attempting to say that our anger doesn't have to be a destructive emotion. Discuss.

6. Ephesians 4:26 says, "Be angry, but do not sin. Do not let the sun go down on your anger." How is this anger expressed differently than turning inward with our anger or exploding in inappropriate ways?
  
7. Do you think our present culture has a tendency to express anger inappropriately? Why or why not?
  
8. Mayo Clinic gives numerous tips in how to deal with our anger such as take a timeout, think before you speak, exercise, identify solutions, use "I" statements, and practice relaxation skills. Discuss strategies that have helped you to deal more effectively with your personal anger.