

ANGER

1. How do you define **ANGER**?

2. Is there such a thing as good or bad **ANGER**?

3. **When is ANGER a sin?**

4. Describe a time when you really got **ANGRY**.
 - A. Who were you **ANGRY** with?

 - B. How did you feel when you got **ANGRY**

 - C. How did you respond to your **ANGER**

5. List five people in the bible that got **ANGRY**. Indicate whether their **ANGER** was good or bad.

NAME	GOOD OR BAD ANGER	SCRIPTURE

6. What does Solomon say about **ANGER**?
 - A. Pro 19:19
 - B. Pro 29:8
 - C. Pro 14:29

7. In Proverbs Solomon writes: *“For the churning of milk produces butter, And pressing the nose produces blood; So the churning of **ANGER** produces strife:*

A. Pro 30:33

B. Pro 15:1, 18

8. What is the difference between **ANGER** and strife?

9. So how are we to manage **ANGER**? [Ephesians 4:26-32]