



## **INSIDE OUT Part 1 - Anger**

**Scotty Priest**

June 1, 2025

**Open with prayer.**

### **Get to Know You (10 Minutes)**

- Some of us are talkers and others, not as much. I have to process life and situations externally and my husband is usually the audience and recipient of this. As we approach the topic of feelings and emotions, would you say you are an internal or external processor? What does this mean for the people closest to you?

### **Observation & Discussion (30 Minutes)**

In this sermon series, Inside Out, we will be going through Psalms and looking at different emotions, how to tell the truth about those emotions and then how to turn them to God. This week we are focusing on anger and what we can learn from David in Psalm 4.

Read through the scripture below and start your conversation by putting yourself in David's place.

#### **Psalms 45:1-5**

Answer me when I call, God, who vindicates me. You freed me from affliction; be gracious to me and hear my prayer. How long, exalted men, will my honor be insulted? How long will you love what is worthless and pursue a lie? Know that the Lord has set apart the faithful for Himself; the Lord will hear when I call to Him. Be

angry and do not sin; on your bed, reflect in your heart and be still. Offer right sacrifices and trust in the Lord.

### **James 1:19-20**

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.

### **Ephesians 4:26-27**

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### **Psalms 103:8**

The Lord is compassionate and gracious, slow to anger, abounding in love.

1. In verse 1, we see how David remembers God's past faithfulness. How does this help him in his current circumstance and what can we learn from this?
2. As you think about the emotion of anger, what have you learned from family or culture about anger and how to deal with it?
3. What does "Be angry and do not sin" teach us about emotions? Is it okay to be angry and how can we be angry without sinning?
4. Has anger ever led you to positive action or change?
5. Take a look at your sermon notes or the list below and discuss the 4 positive ways to process anger. From this list, what is most helpful for you to focus on and why?
  1. Slow down. Shut up.
  2. Don't let it fester.
  3. Let God...
  4. Think... "How has God treated me?"
  5. Have a place to take it.

## **Next Step (10 Minutes)**

- The emotion of anger is not wrong or a sin, but how we handle it is what really matters. The emotion and resulting 'smoke' of anger looks different for each of us. What is something that you are currently facing or something that gets you angry? How can you apply one of the four steps above to point you back to God?

## Prayer Requests (5 Minutes)

Pray with your group to close.

## Challenge

This week, take time to read through the entire chapter of Psalm 45 a couple of times. When you read through it, make one observation that stands out to you to think back on for that day.

For resources on helpful tools to use in reading scripture check out our Grow Spiritually page [HERE](#) and scroll down to Bible Reading Resources.