

Anger

Arrange chairs/participants in small groups of 6 and one team member.

Leader's Welcome and opening remarks first.

(Continue) Here is what is going to happen today.... We are going to hear some talks. The talks will be a witness from the speaker from the experiences of their own life and their family. Each of the speakers didn't know the topic until we met last night and no one knew who was even going to talk til our meeting. Therefore what will be said hasn't been rehearsed and made perfect. I hope each will be sharing about their struggles and successes to walk with Christ...and you will see their hearts. Talks will be followed by a discussion time in your group. I ask that each of you participate and share with the others in your group how you feel about what the speaker said. How does it hit you in your attempt to walk with Jesus in prison? Then you will have about 10 minutes to talk and pray with a prayer partner in your group. I know this freaks some of you out... but I ask that you do this and see what happens no matter if it makes you uncomfortable. This is the safest place to be inside the fence. These are the safest people to be with... I hope!

The topic of today is "Anger." (Pause....)

I bet you all can talk a lot about anger and at one point in your life anger was a good friend...or maybe better said, A bad friend. Hopefully you have changed as a result of Kairos. Hopefully you have come to a place where you want to heal some of your important relationships that got messed up by anger. The forgiveness ceremony during your Kairos weekend had the power to start some healing inside you. Hopefully there were things and people on that list that no longer cause you to be angry...even if there are some that still do. Anger is a funny thing, it always seems to lurk close. It can visit quicker than the speed of light.

There are many Bible verses about anger, but this one really stands out to me:

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. ~ James 1:19-20

I couldn't think of a better way to begin our Retreat today – where our Theme is anger - than with those very direct words from James.

Anger is an emotion that mostly causes harm. Harm to yourself and harm others. Harm to your heart and soul. After you get angry you feel weird or even upset. Maybe angry that you got angry!

Anger will often produce a sensation or feeling of intense rage that people describe by the common phrases of "seeing red" or "making my blood boil."

We have all felt it at some point or another in our lives, towards someone, or something. Many times, anger manifests itself in regrettable harsh words or actions towards the ones we love.

But how do you control your anger? How do you keep from acting upon the strong feeling of rage? Yea, that is the million dollar question.

For most of us, anger has caused us to be mistreated or has caused us to mistreat or threaten others in non-loving ways. I am sure I don't have to tell you about anger. It could be part of the reason you live here.

Some of us seem to be able to "let things go" or "take a lot" before having an outburst, while others are described as having a "short fuse" when things can escalate rather quickly.

Studying Bible verses about anger might give you some insight into asking Jesus to help you deal with your anger. Perhaps just reading or hearing them won't keep you from getting angry, but it could give you something to think about and pray about. You can't just grit your teeth and not be an angry person anymore. Jesus is going to have to help.

Controlling our anger can be a difficult thing. Screaming, shouting, and telling someone "what you really think of them," can make us feel empowered over the situation while we're in the midst of it, that is until the rage subsides and you realize how much you have hurt the other person.

We are warned in Proverbs 22 to not hang out with angry people; don't keep company with hotheads. Bad temper is contagious— don't get infected. Also Proverbs 29:22 says Angry people stir up strife and those who become angry cause much sin. Relationships can be scarred by the actions of an angry person, I know that first hand and you probably do too. (personal example would be good here).

The first step to controlling anger is to realize that the root of anger is pain.

Our pain comes to us in a physical or emotional sense. Knowing and acknowledging this pain is key in beginning to heal from it.

Second, is to lay that burden of pain at our Messiah's feet, to realize the things you cannot change or control and ask God to help in those areas.

Third, we can pray to God for healing and change. Having a changed heart full of grace and forgiveness is the best place to start overcoming the anger that wants to rise up from within us. God can change who you are if you ask. It might not be immediate or quick enough for you, but He can do that.. and probably even wants to do that for us.

We are going to have six talks today, each followed by a discussion time, followed by a personal sharing time and then please pray for each other. Our first talk is given by - _____ and it about the root of anger.

Resources:

Anger

Galatians 5:22-23

Ephesians 4:26-32

Proverbs 14:17 and 29, 15:1 and 18, 16:32, 17:27, 19:11, 22:24, 25:28, 29:11 and 22,

Ecclesiastes 7:9

Colossians 3:7-9

James 1: 19-20, 4:1-2

Matt. 5:22

Psalm 7:11, Psalm 37:8-9

2 Kings 11:9-10, 17:18

Romans 12:19-21

Luke 6:31

2 Timothy 2:23-24

Hatred

Matt 5:21-22

1Corinthians 13:3

Unforgiving Spirit

Mark 11:26

Colossians 3:13

Strife/Contention

James 3:17

Wrath

James 1:19-20