

**Growing Deeper**  
*Escaping the Bermuda Triangle*

**Week Two: *The Vortex of Anger***  
*Ephesians 4:20-5:2*

**Spend FIFTEEN – Day One**

1. Read Ephesians 4:20-5:2. This passage could be titled “Presentation of the New Man.” One commentary put it this way: “The focus of this book is upon the quality of life believers have...the new life God has given us, the new society he has placed us in, the new standards expected of us and the new relationship he has brought us into.” How would you describe this new quality of life for Jesus’ followers after reading this passage?
2. Last week the focus was shame. This week we focus on anger. When was the last time you were angry? Why were you angry?
3. When is anger helpful?
4. Do you think God ever gets angry? If so, what makes God angry? (See Exodus 34:6; Numbers 11:1; Deuteronomy 9:7; 2 Kings 17:17; Isaiah 57:17; Mark 3:5 for help.)
5. Make a list of things that make you angry. Which could be turned into positive action? End your FIFTEEN asking God to show you what actions you need to take to turn your anger into a force for good.

**Spend FIFTEEN – Day Two**

6. On a scale of 1 to 10 (10 being “very” and 1 being “not at all”), how angry would you say the world is? Our country? You personally?
7. Read Ephesians 4:20-5:2 again. What sins could anger lead to? (Answer from these verses and/or your own experience.)
8. What underlying issues does anger reveal? (e.g. control issues, perfectionism, etc.)
9. Ken Sande (an expert on relational wisdom) advises filtering thoughts, words, and actions through three categories to find underlying issues and to deal with anger well. These are Self-Awareness, Other-Awareness, and God-Awareness. This means asking yourself questions like: What am I feeling right now? Why? What do others seem to be feeling? How might my reaction impact them? How can I imitate God? What has he promised to do for me? Do any of these “awarenesses” come easily?
10. What steps could you take to remind yourself to process your thoughts the next time you feel angry?

11. End your FIFTEEN talking with God about the three “awarenesses” and where you need to apply them.

### **Spend FIFTEEN – Day Three**

12. Would you say most of your anger is directed at yourself or others? What would others say?

13. What excuses do you give yourself when you destructively speak or act in anger?

14. Read Ephesians 4:20-28. Verse 22 talks about deceitful desires. What about destructive anger is deceitful?

15. What about staying angry gives Satan a foothold?

16. Thankfully, the battle with anger and its destructive consequences is not one you have to fight on your own. End your FIFTEEN by reading Romans 8:37-39. Spend time in praise and thanksgiving for God’s love that does not give up on us and for the Holy Spirit that fights for us.

### **Spend FIFTEEN – Day Four**

17. Have you ever seen a young child imitate a parent or teacher? What do you think prompts them to do so?

18. Read Ephesians 4:29-5:2. Verse 1 says “Follow God’s example therefore, as dearly loved children.” Why does being loved make us want to follow God’s example?

19. How does Christ’s example of love (5:2) change the way we deal with anger?

20. From Ephesians 4:26-5:2, what steps does Paul give for dealing with anger? Include the “do nots” and the “dos.”

21. To end your FIFTEEN, pick one of the steps from your answer above to focus on for the next seven days. Begin today by asking God to help you implement this step. Consider making notes each day to record how you saw God at work in this.

### **Spend FIFTEEN – Day Five**

22. Read Luke 6:27-36. Yesterday we read God’s wisdom through Paul with practical steps to deal with anger. Luke gives us wisdom from Jesus in dealing with anger. What steps does Jesus give?

23. Compare the steps from Paul and from Jesus. What is the same? What additional wisdom does each offer?

24. How did Jesus model what he taught about anger?

25. What difficult relationship would benefit from a word or act of blessing from you?

26. End your FIFTEEN thanking God for his mercy and compassion for you. Think of specific examples from your life. Ask him for a humble heart that responds like his. Take time to pray for good to come to those people who make you angry. Be specific here too.