

QUESTIONS, LIES & TRUTH

Anger & Sadness

Make a list of the things in life that are making you feel sad and or angry right now. Take some time to really think through the situations and circumstances that lead you into anger and sadness.

When you look at that list, do you see any common themes or fears that lead you to feeling angry or sad? (*for example, being angry at your friends for not inviting you to hang out may stem from a deeper fear that no one really sees or values you.*)

When you feel angry or sad, what do you naturally do with those emotions? How do you typically respond to those feelings? (ex. Bury them, ignore them, lash out at your family, self-pity, complain to friends, try to drown out the feelings with distractions, etc.)

Read Matthew 21:12-13 and James 1:19-20

1. Does the way Christ interacts with anger in Matthew 21 surprise you? Why?
2. What does this scripture teach us about anger and our response to it?
3. What does James 1 tell us about anger?
4. How can you exercise being slow to speak and slow to become angry? What effect do you think this discipline would have on your life?

Read John 14:33-35 and Matthew 5:4

1. How does Jesus respond to the sadness of Mary and Martha in John 14? What does this teach you about how we should interact with sadness?
2. What does Matthew 5 promise to those who are in the midst of sadness?
3. What holds you back from working through your sadness? How does sadness make you feel? (ex. dramatic, weak, pitiful, depressed, stuck, confused, hopeless, etc.)
4. How do you think your life would change if you invited Jesus into your sadness and asked Him to offer you the comfort that is promised in Matthew 5?

It's important for us to remember that we are not commanded to not be angry or sad, Christ Himself experienced both emotions. What we are told to do is to not rush to anger and lash out at others in our anger or sit in the depths of self-pity over our sadness. Instead we should take both emotions to the feet of Christ and seek His help.

Christ walked where we walk and felt what we feel, He is able to empathize with our pain, and desires to bring healing and health into our unhealthy places. We can trust Him with our hurt. This week commit to noticing your feelings and asking Jesus to enter into anger/sadness/stress/fear/anxiety/shame/guilt with you and bring His spirit of peace and healing.