

Evening Ember Discussion Guide
2019 June Camp, Week 2
Anger: Warrior's Spirit
Eph 4:26-31

Ephesians 4:26-31 New International Version (NIV)

²⁶ “In your anger do not sin”^[a]: Do not let the sun go down while you are still angry,
²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Monday- What do you think this verse is saying? What instructions does it give?

Tuesday- What is the time in your life that you have been the most angry?

Wednesday- Have you ever let your anger hurt someone else? Did you apologize?

Thursday- Have you ever been the target of someone's anger? How did that make you feel?

Friday- When you are angry, how do you act? How could you change that for the better?

Saturday- How do you deal with your anger? (Hide it, Use it, Aggression, Hold it in, or Drop it)
Is the way you deal with anger healthy?

Sunday- The verse tells us “to do something useful with our hands” when we are angry, what could you do next time you are angry, that would be useful or healthy?