



## Series: *The Man in the Mirror*

### Anger

*Ephesians 4:26-27, Ecclesiastes 7:9,  
James 1:19-20, Proverbs 26:2*

1. Do you know how to deal constructively with your anger? If yes, do you usually handle anger as you know how, and why or why not? Why is it hard to do?
2. What is the advice offered about anger in Ephesians 4:26-27, Ecclesiastes 7:9, and James 1:19-20? Give an example of you handling anger in one of these ways.
3. How can today's Big Idea help you think more constructively about how to handle your own anger? Give an example of how you could have handled a situation better by following the Big Idea.

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*The Big Idea:* \_\_\_\_\_  
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