

SHIFT

Part 2 – I'M SO ANGRY I COULD _____!

Angry Episodes:

Moses – Numbers 20:2-12 He **STRUCK** the rock, **TWICE**.

Nehemiah – Nehemiah 13:25-27 He **PULLED OUT** their hair.

Jesus – John 2:12-17 He **WHIPPED** and drove them out.

“Could have beens”:

David – 1 Samuel 24

He had **OPPORTUNITY**, **ENCOURAGEMENT**, and **JUSTIFICATION**

The Apostles – Acts 5

They were **IMPRISONED**, **THREATENED**, and **BEATEN**

There is a fine line between **RIGHTEOUS** anger and **SELF**-righteous anger.

Purifying Questions:

- Is this **PERSONAL**, or am I making it **MORE** personal than it is?
- Am I acting like **I CARE MORE** about God's name **THAN HE DOES?**
- Is my need for **??????** stronger than my desire to **REJOICE?**

Gaining Perspective: Psalm 139

- God is **INCOMPREHENSIBLE**. v. 6
- God is **ALL-KNOWING**. vv. 1-12
- God is **MY MASTER DESIGNER**. vv. 13-15
- God is more **CONCERNED ABOUT ME** than I can imagine. 16-18
- God **KNOWS** how **ANGRY** I am. vv. 20-22

Practicing Joy: I'm so angry I could (need to) **REJOICE!**

Hebrews 10:34 – You sympathized with those in prison and **JOYFULLY ACCEPTED** the confiscation of your property, because you knew that you yourselves had better and lasting possessions.

1 Peter 4:12-13 – Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But **REJOICE** that you participate in the sufferings of Christ, so that you may be **OVERJOYED** when His glory is revealed.

Was Jesus “rejoicing” on the cross? At least He was “**PREJOICING**.”
“Who for the joy set before Him, endured the cross, scorning the shame...
Hebrews 12:2

Auburn Grace Community Church – January 17th, 2021

Life Group Questions – January 17th, 2021

1 Peter 4:12-13; ‘Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though something strange were happening to you; but to the degree that you share the sufferings of Christ, keep on rejoicing, so that at the revelation of His glory you may also rejoice and be overjoyed.’

PURIFY

1. We live in a culture that is self-centered and, therefore, idolatrous. We are always talking about our “rights” and are quick to become angry when our rights have been violated. Make a list of some of the most common rights that people claim to have. What rights of yours have been recently violated? How well are you able to support these beliefs with Scripture?
2. What is the difference between righteous anger and self-righteous anger? Cite biblical examples of righteous anger and compare to anger that rises up from self. What can we say about ourselves when we rejoice in unrighteous anger? What happens when we have an outburst of joy as a result of our righteous anger? How does the world perceive this?

PERSPECTIVE

1. Consider that unjust anger is an attempt to control God (He's not doing what you want Him to do.). What can you do to better understand the sovereignty of God? See Psalm 139, paying particular attention to vv. 23-24.
2. Read Ephesians 4:26-27. Where do you see an admonition for reveling in righteous anger? How can this kind of anger fester and turn into something that will lead us to sin?

PRACTICE

1. Read Philippians 4:4. Our marching orders are to “ALWAYS rejoice in the Lord.” That means even when we are angry, we are to delight in the Lord. Do you always feel joy when you think of Him? Why do you think that is?
2. Not all people in our lives are good for us. We may become subconsciously defensive just by being in their company. Discuss how we can maintain stricter boundaries with those who are “unsafe” for us. See 1 Corinthians 2:15-16 and Matthew 10:16.
3. To rejoice in the Lord does not mean we will never feel depressed or angry. Rejoicing in the Lord isn't a matter of feelings or emotions but, rather, a matter of obedience. Discuss how a chosen attitude of hope and contentment, no matter the circumstance, can lead to transcendence of the situation.

PRAISE and PRAYER

1. Confess to God that it's not always easy to rejoice and remain hopeful in Him when problems arise. Ask God to remind you of the times when you have been in a similar position and how He blessed you more than you thought possible. Ascribe to the Lord that in His sovereignty, He knows your heartaches before you have them. Rejoice and be glad that God will bring your prayers into fruition.
2. Discuss with your group some practical ways you can routinely express your joy in the Lord.