

Outline

7 Deadly Sins: Wrath

Wrath is not just an angry response to a real offense; it is a specific type of anger - a big tantrum, an extreme protest against reality. Anger is designed to help us protect ourselves or someone else; it comes when we feel we are being taken advantage of, being offended, or being violated in some way. It can be healthy when we express our anger appropriately; but in the book of James, we are instructed to "Be angry and sin not!" It's important to find the right ways to express anger, understand the different types of anger, and realize that there is both good and bad anger. Join Dr. Townsend, and learn some new skills that will help you handle your anger in healthy ways.

Small group discussion questions:

1) What is my anger style?

2) What type of triggers cause my anger to come out?

3) How can I give up my old ways of expressing anger, and begin to express my anger in healthy ways?