

SPEAK LIFE: DIFFUSING ANGER

Jonah 4:1-11

October 27, 2019

Introduction:

Anger is the agitating or stirring up of the emotions to a heated condition that often leads to reactivity.

1. Anger is a normal emotion.
2. Anger is a warning signal.
3. Anger usually produces a harmful result.

The BIG IDEA – We need to deal with any anger issues we may have.

I. Jonah's anger is exposed. (Jonah 4:1-4)

Three major ways we can deal with anger:

1. Clam up.
2. Blow up.
3. Cover up.

Jonah's prayer had three parts:

1. Justification
2. Accusation
3. Resignation

How do you deal with anger?

1. Admit it.
2. Limit it.
3. Pause it.

Maturity is about being able to push the pause button and choose the right behavior.

II. Jonah's anger is confronted. (Jonah 4:5-9)

III. Jonah's anger is explained. (Jonah 4:10-11)

Three underlying reasons for anger:

1. Misplaced compassion.
2. Selfish preoccupation.
3. Misplaced priorities.

Conclusion:

1. How much compassion do I have for the lost no matter how godless they may be?
2. What anger issues in my life do I need to deal with?
3. How might God be using circumstances in my life to uncover some character deficiencies in me?
4. When is the last time I shared my faith with someone?

Discussion Questions for the Week

1. Is anger ever justifiable? Explain your answer.
2. How angry do you think America is and do you think there's any connection to the violence we're seeing in our land?
3. How do you tend to deal with your anger?
4. What could a "shady plant" be in your life? When have your "shady plants" been more important than the well-being of others, including people who need God?
5. Describe God's compassionate heart for the lost. Is your "pity" more like God's or more like Jonah's? Please explain.
6. What are you most grateful for this week? Who has tested your faith?
7. Role play sharing your testimony. Your life before Christ, how you came to Christ and your life after Christ.