

C3 GROUP QUESTIONS

F2022-WEEK 3

9/18/22

Getting Started with a Warm-Up:

- On the American Psychological Association (APA) website an article by Kassonove (2012) states:

'What is anger and how does it differ from aggression?'

Anger is a negative feeling state that is typically associated with hostile thoughts, physiological arousal and maladaptive behaviors. It usually develops in response to the unwanted actions of another person who is perceived to be disrespectful, demeaning, threatening or neglectful...Aggression, in contrast, refers to intentional behavior that aims to harm another person. Often, it reflects a desire for dominance and control. In the cases I see in my clinical and research work, weapons are often involved. Aggression can be shown by punching, shoving, hitting or even maiming another person, and it can occur in marital violence, child or elder abuse, bullying, or gang and criminal activities. Since anger is typically expressed only through loud verbalizations, it is the cases of aggression that wind up in the criminal justice system. Our research shows that about 90 percent of aggressive incidents are preceded by anger. However, only 10% of anger experiences are actually followed by aggression. People often want to act aggressively when angry but, fortunately, most do not actually take aggressive actions.

Reference: Kassonove, H. (2012), *How to recognize and deal with anger*
Anger is a negative feeling state that is typically associated with hostile thoughts, physiological arousal, and maladaptive behaviors.

<https://www.apa.org/topics/anger/recognize>

- How do you suppose gossip and social media contribute to anger and aggression in our society?

- What Bible verse do you think would be helpful to meditate on to combat anger?

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Getting Down to Business:

The following questions are following this format: Scripture/Observation, Application, and Prayer (SOAP).

1) Scripture/Observation:

A. Read Gen. 4:1-8. What was the root or at the heart of Cain's anger? What was the solution for Cain's anger issue (vv. 6-7)?

B. Read Mt. 21:12-14. What motivated Jesus' anger? What would indicate that Jesus was not controlled by His anger but was controlling His anger?

2) Application: Read Eph. 4:25-29. What were the three ideas Randy shared for controlling anger that we can learn from this passage? Which of these three are the most difficult for you to apply when you are angry?

3) Prayer: Anger, like gossip, if not dealt with quickly will spiral out of control leading to damaged relationships and possibly even physical harm to others. As you pray, ask the Lord to help you to confess your anger, thoughts and actions, and help you to express yourself in love, and quickly resolve and end conflicts. Also, ask the Lord to help you to make peace with the offended person(s).