



ANGER

November 20th, 2024

Discussion Questions:

1. In your family of origin, how was conflict handled?
2. Be transparent, what are some tell-tale signs that your anger is bubbling up?
3. Paul is writing to those in Thessalonica for their own growth and to encourage them in the context they were all in. He cares much about how they treat each other, for the good of the party and for better representation of the gospel in that setting.

Read 1 Thessalonians 5:12-18.

Make some observations about this passage (What does the text say?):

- What do you notice and what are you curious about?

Make some interpretations (What does the passage mean?)

- What do you learn about God?
- What do you learn about humanity?

Now make some applications (what's my response?)

- How are you encouraged, challenged, or convicted by this passage?
- What should be our response to this passage?
- **Paul gives a "to-do" list of 11 things. Which one or two are easy for you to do? Which one or two are very difficult for you to do?**

Scripture

1 Thes. 5:12-18

Prayer

Lord, there are times we are so reactive in how we live our life, and how we approach making daily decisions. Help us to be more proactive in how we approach loving others, and keeping our anger at bay. We truly want to be a better reflection of you to those

around us, and how we treat people is one of the most important ways to do just that. God, help us to always be aware and on guard for how we speak and interact with others. We are human, we have emotions, but God we commit to the challenge Paul writes in this letter, to make those around us better for your name's sake.

Practice

Is there a situation/person that repeatedly triggers the emotion of anger? What can you do proactively so that you don't find yourself in reaction mode?

Paul's 11 commands for avoiding anger with others is below. Take a few minutes and rate yourself on how you do in each of these areas. Then share your results with your group and identify the 2-3 areas you are strong in, and the 2-3 areas you clearly may need some work to be done. How do you plan to grow in these areas?

	Rating				
Honor People	1	2	3	4	5
Warn Those Who Are Idle and Disruptive	1	2	3	4	5
Encourage the Disheartened	1	2	3	4	5
Strive to Do What Is Good for Each Other	1	2	3	4	5
Be Patient with Everyone	1	2	3	4	5
Don't Do Paybacks	1	2	3	4	5
Rejoice Always	1	2	3	4	5
Pray Continually	1	2	3	4	5
Give Thanks in All Circumstances	1	2	3	4	5
Help the Weak	1	2	3	4	5
Live in Peace	1	2	3	4	5

Election Prayer:

Dear Heavenly Father,

We come before You today with hearts that seek unity, humility, and peace. In this time of post-election reflection, we recognize the deep divisions within our nation and even among us as Your children. Lord, we lift our eyes to You, asking that You bring healing, understanding, and grace to our communities. Help us to walk in the fullness of who you are so that we can best reflect you to the world around us. Guide us, Lord, that we might display Your love, peace, and truth to those we encounter. May our actions reveal You, and may our lives be a testament to Your goodness.

You have shown us, Lord, what is required of us: “To act justly and to love mercy and to walk humbly with your God” (Micah 6:8). Help us to live out this calling. Teach us to walk humbly in all that we do. Jesus, help us to stay humble, not seeking our own glory but lifting others up in love and kindness. Let us not be wise in our own eyes but lean on Your wisdom, always depending on You for guidance. Grant us the joy of serving others, recognizing that all we have and are is a gift from You. May our every word and deed reflect Your heart and bring honor to Your name.

Jesus, let us remember that as Your ambassadors, our citizenship and hope are rooted in Your Kingdom above all else. Though we may feel loyal to earthly affiliations, we pray that our ultimate allegiance remains firmly anchored in You. We pray for a spiritual awakening in our hearts, in our families, in our communities, on our campuses, in our churches, in our city, and throughout our nation. Father, let Your Spirit move mightily, drawing us closer to You and to each other.

“May the words of my mouth and the meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer” (Psalm 19:14). Shape our speech and our thoughts so they honor You and foster love, not division. You remind us that Your perfect love casts out fear; as Your beloved, help us to set aside fear and rest securely in the knowledge of Your unfailing love. Let us be instruments of peace and channels of Your love.

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you” (Isaiah 26:3). Keep our minds focused on You, Lord, that we might experience the peace that surpasses understanding. We ask that You fill us with the knowledge of Your will, through all the wisdom and understanding that the Spirit gives, so that we may live lives worthy of You, pleasing You in every way (Colossians 1:9). We place our worries and cares in Your hands, trusting You to handle what we cannot. In every circumstance, fill our hearts with Your peace.

Jesus, guide us in loving our neighbors, no matter how different they may be from us. May we honor the commandment to love, especially in this season. Remind us that our nation is ultimately Yours; we are merely stewards of it, called to care for it with responsibility and compassion. Help us to heed Paul’s appeal in 1 Corinthians 1:10, that there would be no divisions among us, but that we would be united in the same mind and judgment, as brothers and sisters in Christ.

As we seek unity, remind us of the importance of stillness and trust. “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” (Psalm 46:10). May we find peace in surrendering to You and trusting in Your sovereign plan.

Lord, remind us that no earthly leader can be our savior; only You can fill that role. Let us be conduits of Your love and peace, leading others to find hope and security in You alone. As we interact with the world around us, may we do so as faithful reflections of Your light and truth.

Father, the world may be unpredictable, but You are unchanging. You alone are worthy of our devotion and affection at all times. You are the King of the universe, and we ask that You keep us unified, just as You and the Son are one (John 17:11). May Your love bind us together and strengthen our bonds.

Jesus, we look to You, the “ruler of kings on earth” (Revelation 1:5), and ask for Your mercy upon those who lead our nation. May their work contribute to peaceful and quiet lives for all, marked by godliness and holiness (1 Timothy 2:2). “Our Father in heaven, hallowed be Your name, Your Kingdom come, Your will be done, on earth as it is in heaven” (Matthew 6:9-10).

Father, give us Your eyes to see others as You do. Help us to see with a heart of love, understanding, and compassion. Lead us to extend Your grace, seek Your truth, and walk in unity. May we glorify Your name in all things, bringing honor to Your Kingdom, and living in the fullness of who You are.

In Christ’s name we pray all of this, Amen.