



# Tidying Up

## SPRING CLEANING FOR OUR SOULS

### WEEK 2 - DUMP YOUR ANGER IN THE TRASH

*You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires. James 1:19-20*

#### OVERVIEW

There are two kinds of anger: righteous anger, reacting like God to the injustice and brokenness of our world, and human anger, which flows out of selfishness and a lack of self-control. The former leads us to focus and purpose and mission. The latter leads us to a muddled and confused self-serving lifestyle. Or, as James puts it, a “worthless” religion (1:26). If we want to tidy up our spiritual lives and care for the things God cares for (i.e. orphans and widows – 1:27), we have to get rid of the rage which so easily corrupts our hearts and turns our focus only toward ourselves and replace it with humility, which clears up our minds and hearts.

#### DISCUSSION QUESTIONS

Read James 1:19-27.

1. What is the difference between human anger and God's anger?
2. Name some different types of human anger, as Tim describes in the message.
3. Discuss the advantages of being "quick to listen" and "slow to speak".
4. What does James mean by the "righteousness God desires", mentioned in verse 20?
5. Why should we dump our anger in the trash, and what might this practically look like?
6. Consider these questions from Tim:
  - o Is anger an issue in your life? If so, what sort of anger are you carrying in your heart?
  - o Are you carrying resentments from the past? If so, who are you resentful against or what past circumstances are still making you resentful?
  - o Who in your life is someone you trust to walk with you as you work to rid your soul of anger? Are you ready to allow them to help you clean the anger out of your life?