



1 Cor. 13:4-7 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth.

7 It (Love) always protects, always trusts, always hopes, always perseveres.

ICEBREAKER

You are a boxer or MMA fighter entering the ring... what would your theme song be?

CONVERSATION STARTERS

1. When do emotions run high for you? Time of day? Circumstance? Person?
2. How do you respond to Eric's statement, "People don't make you angry, anger is already there, it emerges from within"?
3. Eric said, "Emotions are gauges not guides". What is the difference between emotion as a gauge and emotion as a guide? Why does it matter?
4. Eric named the root of all anger as **fear**. Fear is the one anger that makes love toxic. We respond with anger when our ego feels threatened.

Anger begins when we convince ourselves that somebody else's behavior is a reflection on my self worth. David Liberian

 - a. Can you identify a time you reacted with anger when your ego or sense of self worth was threatened?
 - b. How easy or difficult is it for you to remember that your kids actions are not a reflection of you as a parent?
5. [Watch Video from 4:07-6:14](#) Of the following characters which describes you best? Do you think your family would answer the same?
 - a. **Slow Simmer Sally** - "It is all fine, until it isn't!
 - b. **Ned the Nibbler** - Hangs on to anger and bitterness, takes little bites of anger out of family members continually.
 - c. **Hair Trigger Hank** - Frequently blows up, stay out of blast radius.
 - d. **Vern the Venom Slayer**- Word vomit, 100% damage.
 - e. **Internal Ira**- all anger is aimed internally at the self.
6. [Watch Video at 20:50- 26:36](#). Eric listed 6 practical Guide rails against destructive anger. Pick one that will help you.
 1. **Stop!!!!** Take a deep breath and pause when you recognize anger.
 2. **Name it to tame it.** The reality behind my anger is I am not getting what I want.

3. **Clean the pot.** Get to the bottom of your own issues so you don't pour crud on others.
4. **Leave Some Margin.**
5. **Correct the behavior, preserve the relationship.**
6. **Don't Replay and Rehearse.**

7. Eric said we all need to remember, "We will all mess up with anger. Own it. Apologize for it. Always find the way to move toward restoration." **Which of these steps are you really good at? Which needs more work?**

8. Close by reading 1 Cor. 13:4-7 as a prayer.