



THE CRAZY CYCLE

1. Pastor Rick said that one type of anger is always appropriate, what is it? What type is always wrong?
2. Read Ephesians 4:26,27. In verse 26, how do you think we can be angry but not sin at the same time? How could being angry give the devil a foothold in your life?
3. Read Ephesians 4:31, 32. Talk about the different meanings of the words bitterness, rage, anger, brawling, slander and malice. The Bible says that bitterness is the root and all of the rest are the fruit. What do you think this means? What do you think causes a person to become bitter? In this passage, what is the solution to all of these forms of anger? If you struggle with forgiveness, what should you always focus on? Read Matthew 18:21-35
4. Pastor Rick labeled four types of people who “push our buttons”. They were the bomb, the buttoned up, the big baby, and the bully. What are the characteristics of each one? Which one do you tend to be when you are angry?
5. Read Proverbs 14:17, 14:29, 29:11, and 29:22. What negative characteristics do angry people have according to these verses? Are there any people that you interact with regularly who have any of these characteristics? Can you think of a particular situation where someone’s anger adversely affected you? What happened? How did it make you feel? Do you think you have ever made someone else feel this way when you have been angry?
6. Pastor Rick said that hurt people hurt people, what does this mean? Do you think this is true? How can knowing this help you deal with angry people in the future? How does God want us to handle angry people?

Answers

- 1. Pastor Rick said that uncontrolled anger is always wrong. Anger at sinful actions and the consequences they have on people is alright as long as the anger is not directed at the person but at their behavior. Usually only God can have this type of anger because it is almost impossible for us to separate the person from their actions.*
- 2. The way we can be angry and not sin is only when the anger is not what is controlling our actions and when our anger does not influence our ability to love the person. Sin gets a foothold in our lives when we allow it to dictate how we treat others. Can we be angry at what a person does and still love and care for that person? Anger that takes root in our lives will always lead to bitterness and will spill out on others who are around us, destroying our relationships.*
- 3. Read Ephesians 4:31, 32. Talk about the different meanings of the words bitterness, rage, anger, brawling, slander and malice and how they affect us. The Bible says that bitterness is the root and all of the rest are the fruit. What do you think this means? What do you think causes a person to become bitter? In this passage, what is the solution to all of these forms of anger? If you struggle with forgiveness, what should you always focus on? Bitterness—a spirit that refuses reconciliation. Rage—outbursts of anger or quick temper for selfish reasons. This could mean continual and uncontrolled behavior. Anger—a continuous attitude of hatred that remains bottled up within. This could refer to what is under the surface, while “rage” refers to what bursts out. Anger would destroy harmony and unity among believers. Brawling—loud self-assertions of angry people determined to make their grievances known. Slander—destroying another person’s good reputation by lying, gossiping, spreading rumors, etc. Malice often manifests itself through slander. This defamation of character destroys human relationships. Malicious behavior—doing evil despite the good that has been received. This word is a general term referring to an evil force that destroys relationships, and it can mean anything from trouble to wickedness. It is a deliberate attempt to harm another person. Thus, all types of malice must be destroyed. Bitterness on the inside is what leads to the outward expression of the rest of the types of anger mentioned in this verse. It is caused when we are unwilling to forgive others for how they offend us. The solution to bitterness is forgiveness and the ability to let an offense against us go. If you struggle with being able to forgive others, you need to always focus on how much God has forgiven you. If you accept God’s forgiveness but will not extend it to others, you are a hypocrite.*
- 4. The Bomb explodes at people when angry. The Buttoned Up stuff everything in, they clam up. The Big Baby whines and complains about how they are treated. The Bully manipulates others with their anger to get them to act the way they want.*
- 6. People who hurt other people with their anger usually have been hurt by someone else’s anger, that is why they lash out, they learn to do what has been done to them. Knowing this can help us realize that we need to get beyond their anger and help them heal from their hurts. God wants us to heal people through loving them instead of being angry with them.*

