

Putting out the Fire of Sinful Anger

Part 1: Seeing Jesus

Slowly, prayerfully read Philippians 2:1-11. **“Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form he humbled himself in obedience to God and died a criminal’s death on a cross. Therefore, God elevated him to the place of highest honor and gave him the name above all other names, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.”**

What do you see about Jesus in this passage? Does anything you see about Him speak to your anger in this moment?

What else stands out to you in the passage? Do any of these words speak to your current anger?

How can you follow Jesus’s footsteps of surrendering His personal rights and desires, with trust and obedience to God?



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Part 2: Reflection Questions

Is there a feeling of fear or vulnerability underlying your anger? What are you afraid of?

How does the reality of God's love and care speak to that fear?

How are you tempted to respond with condemnation, punishment or returning evil for evil? What would a compassionate response look like instead?

(For conflict) What are the other person's interests? How can I prioritize these interests, seek unity, and treat the other person with honor?

Where do I see my own sin? What could it look like to repent? Confess these to God, then to anyone sinned against, asking for forgiveness.

What still feels troubling, difficult, or unclear? Take some time to pray to God for Him to help you and guide you.

