

## Going Up with Anger

*Good and Angry Series*

Discussion Questions

- **Dr. Raymond Novaco, professor of psychology at UC Irvine and anger assessment expert recently said, “We’re living in a big anger incubator”. Do you feel that is true of culture today? Can you give examples?**
- **Have you ever felt it inappropriate to come to God with your anger? Have you known others to express that hesitancy? What do you think drives that?**
  - How are we taught and/or modeled to speak to God?
  - How has this influenced the way you approach God with things or people that make you mad?
  - How often do you talk to God about how you feel? Why?
- **Read Psalm 109**
  - What stands out to you about this text in your initial reading?
  - What verses let you see that David is venting his anger?
  - What parts of David’s words would you think aren’t spoken to be theologically or biblically correct? In other words, in calmer times, where might Jesus’ give correction if any to David’s words?
- **Yancey said, “Bible isn’t recording these words for us to say to God, as much as recording the words that were said to God.”**
  - Why is this a helpful distinction?
  - So, why does the Bible record such a raw prayer to God?
  - Why is authenticity such an important factor in coming to God with your anger?
- **Yancey said Ps. 109 shows us that we should go upward to God with our anger before we go outward to others with it.**
  - Where does David recognize that God ultimately must be the one who deals with this infuriating situation.?
  - Read vv.30-31. Why does David, in working his anger through this prayer, come to a place of praise?
  - How does going upward first with our anger actually submit our rage to God? What can that do to our hearts?
- **What does the gospel teach us about God’s anger (just wrath) and sinners?**
  - Why should we keep this in mind as we work through being angry?
  - Which gospel identity of the growth grid (e.g., citizen, family, missionary) can help us move toward dealing with our anger in a biblical, gospel fashion?