



Day Three

Listen to the episode. Read the following questions, and write your answers in the box provided.

It's like a poison, it can take you over. Before you know it, it can turn us into something ugly. Aunt May. Spiderman 3. What the effects of anger in your own life? Why do you think we hold on to anger so readily? (A question from the episode). Write some honest reflections below. (Not much room. Write on the back, if you need to!)

Reflection: First, Jesus never tells us not to be angry. He knows we're angry, and he provides us with a different way to live. What difference does it make that the passage doesn't condemn anger, but recognizes it and invites us to live differently, to find healing? On this first of three days, take some time simply to lay your anger before the Lord. You can't deal with it until you know where it's coming from, so what is driving your anger? As painful as it may be, try to be specific before God, identifying the situations that have hurt you and are still making you angry. Then, simply tell God what they are. Over the next two days, there will be an opportunity to take action, but today, simply lay it all out before God, and ask God to remind you of his great love for you in the midst of the pain you feel. Ask for healing. Ask for guidance. Ask for his presence.

Prayer.

Day Four

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Unfortunately, many of us prefer the certainty of commands. Just tell me what I've got to do to be "in." And for "in," you can substitute the word "loved." Why do we often prefer law, even when we live under grace? What are the damaging effects of still grasping for law, and imposing law on others? Write some reflections below.

Reflection: Name-calling in the ancient world signalled contempt. What are we doing when we express contempt for someone? Do you find yourself expressing contempt for others, either in your head or verbally? If so, "attack" the vicious circle at the beginning by confessing your unloving attitude towards others. Though God knows we're angry, he doesn't leave us there. He calls for us to take action. Today, start by identifying any action you're taking that you know is driven by anger. Confess your sin before the Lord and ask for his healing. Ask for strength to forgive, to open the door to reconciliation. Prayer.



Day Five

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Jesus' answer to anger is to seek reconciliation. Write down some initial reflections on what you understand by the word "reconciliation."

Reflection: Read the following verses. Romans 5.9-12; 2 Corinthians 5.18-19; Colossians 1.19-20. What do they tell you about God's work of reconciliation. As you consider your anger, and Jesus' call for reconciliation as a means to deal with it, ask God for guidance on how to approach specific situations in your life. Choose one that is uppermost in your mind right now, and determine to take some action towards the person who has hurt you. God doesn't expect us to seek out every person who has hurt us. He does expect us to be changed by his word, and to forgive others, as he guides us by the Holy Spirit. Take some time today to forgive a specific person. Pray for them. See how it affects your anger. Allow the good effects to lead to worship. Prayer.