

Week 44 – Questions to Consider

Hebrews 12-13, James 1-3

Fun Small Group Warm Up Question:

If you could be a professional athlete, what sport would you pick?

1. Who has been a great witness of genuine Christian faith to you? How have their words encouraged you and given you biblical wisdom? How has their example inspired you and guided you to be faithful to Jesus? Read Hebrews 12:1-2. How does sin feel like a “weight” that “clings so closely”? How does it affect how we “run” in the race of life? Why is “endurance” essential in a race and in life? Who are we told to be “looking to” throughout our life? Why? How do we best do that daily?
2. In parenting, why is discipline so essential? What is the purpose of discipline? What are some of the ways that children handle and respond to discipline? How do we handle discipline from God? What is Hebrews 12:3-11 teaching about spiritual discipline from God? What does it produce? How should we respond to it?
3. What is bitterness? How does bitterness begin and then grow? How does bitterness affect our relationships and life? How do we “strive for peace with everyone” and destroy the “root of bitterness” (Hebrews 12:14-15)?
4. Why do we need “holiness” in order to “see the Lord” (Hebrews 12:14)? What does that mean? Where does holiness come from? How does this connect with Hebrews 12:16 and sexual immorality?
5. When you are trying to share something true and important, what does it feel like to be ignored? To be interrupted? To be argued with? Read Hebrews 12:25. How does this help us to understand the seriousness of sin? The importance of obedience?
6. Out of some of the concluding exhortations of Hebrews 13:1-9, which stands out to you? Why? How does this connect with the role and importance of pastoral leaders within the church (Hebrews 13:17)? What does it look like to do God’s will (Hebrews 13:21)? How do we know His will?
7. Why does James (the brother of Jesus) say difficulties should be considered as “joy”? How is that even possible? (James 1:2-4). Why is the follow on instruction in James 1:12-15 important to understand about our sufferings?
10. What is anger? Why do we struggle with it? Why is James 1:19-20 so helpful to memorize if you deal with temptations toward anger?
More questions at: www.southfork.church/2022-discussion-questions

Set Free from Anger

James 1 (ESV)

Be Honest, Do You Struggle with Anger?

Don’t Minimize or Justify Your Anger: *How to Recognize When You Are Angry*

- James 4:11 “Do not speak evil against one another”

Important Definitions:

- **Anger** - a strong feeling of annoyance, displeasure, or hostility
- **Hate** - to feel intense or passionate dislike
- **Bitterness** - anger and disappointment at being treated unfairly; resentment
- **Resentment** - bitter indignation at having been treated unfairly

See the S_____ of Anger: *Know What God Says about Anger*

- James 1:20 “for the anger of man does not produce the righteousness of God”
- James 1:26 “If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person’s religion is worthless.”
- James 3:6 “And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell.”
- James 3:8–10 “but no human being can tame the tongue. It is a restless evil, full of deadly poison. [9] With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. [10] From the same mouth come blessing and cursing. My brothers, these things ought not to be so.”

Understand Anger: Why Do We Get Angry?

1. I _____ - Poor Listening, Quick Speaking

- James 1:19–22 “let every person be quick to hear, slow to speak, slow to anger”

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2. Impatience - with People & with God

- James 5:7 “Be patient, therefore, brothers, until the coming of the Lord.”

3. F _____ God’s Truths:

- James 1:21 “receive with meekness the implanted word, which is able to save your souls.”

4. Self-Focus/Pride, Control:

- James 3:14–15 “if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. [15] This is not the wisdom that comes down from above, but is earthly, unspiritual, demonic.”
- James 4:6 “God opposes the proud but gives grace to the humble.”

5. W _____ Focus:

- James 1:21 “put away all filthiness and rampant wickedness”
- James 4:1–2 “What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.”

Satan Uses Our Anger to Distance Us From God

- James 4:7 “Submit yourselves therefore to God. Resist the devil, and he will flee from you.”
- Ephesians 4:26–27 “Be angry and do not sin; do not let the sun go down on your anger, [27] and give no opportunity to the devil.”

3 Steps to Freedom from Anger

1. Confess Your Failures

- James 4:8 “Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded”
- James 5:16 “Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.”

2. Renew Your Mind: H _____ Love of God and Others

- *Watch Yourself:* James 4:10 “Humble yourselves before the Lord, and he will exalt you.”
- *Watch Jesus:* James 5:8–10 “You also, be patient. Establish your hearts, for the coming of the Lord is at hand. [9] Do not grumble against one another, brothers, so that you may not be judged; behold, the Judge is standing at the door. [10]”
- *Watch Faithful Believers:* James 5:10–11 “As an example of suffering and patience, brothers, take the prophets who spoke in the name of the Lord. [11] Behold, we consider those blessed who remained steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful. (ESV)”

3. Memorize & Practice James 1:19-20

- Quick to Hear
- Slow to Speak
- Slow to Anger

This Next Week’s New Testament Reading Plan:

Week 45: James 4-5, 1 Peter 1-3

- **Hope & Purpose in Jesus:** www.southfork.church/jesus
- **Daily Verse by Text Message:** remind.com/join/sfbcdevo
- **Our Plan:** www.southfork.church/2022-bible-reading-plan

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