



# Growth Points

## Get Smart Lesson 5: Keep Your Cool

October, 2009

Proverbs

### Devotional Seed:

Is anger sinful? Is it ever beneficial?

### Deeper Roots:

1. What does anger usually produce?
2. How can you manage anger in other people? What kinds of responses calm anger?
3. What does Ephesians 4:26-27 teach about anger and how to handle it?
4. Is it wise to appease an angry person? When is it wise when is it not?
5. Romans 1:18 shows us that God expresses his wrath? What does this say about anger?
6. Are we ever justified to express our anger with the things that God is angry with?

### Bearing Fruit:

1. What is a wise response to anger?
2. How can you manage anger in yourself.? What calms you?
3. How can we help each other with anger? Is this too dangerous?

### Branching Out:

Looking ahead to our Christmas outreach, plan now to invite friends and acquaintances. Make a list together as a group of those whom you plan to invite and pray together that our invitations would be accepted.