

# IT CAME FROM WITHIN!

It Came from Within 5 :: *Killing the Beast* :: Andy Stanley

## INTRODUCTION

You might not see it coming, but it is hard to miss the trail of destruction it leaves in its wake-- broken relationships, damaged lives, shattered dreams. If ignored, this deadliest of the creatures from within will only grow in power, lashing out at those who least expect it. And the only way to get rid of this creature called *anger* is to follow some radical advice.

## DISCUSSION QUESTIONS

1. When do you find yourself becoming angry? Are there certain situations or certain people who bring out anger in you?
2. How do you deal with anger when it wells up in you?
3. Read Ephesians 4:26. When is anger healthy? When is anger unhealthy?
4. Why is it important to deal with your anger before the sun goes down?
5. Read Ephesians 4:27. What happens when you don't deal with anger?
6. Read Ephesians 4:31-32. How is forgiveness the key to getting rid of anger?
7. What keeps us from forgiving others?
8. How does it change your perspective when you focus on how God has forgiven you?

## THINK ABOUT IT

How are things with your heart? Are you mad at anyone? An important part of getting rid of anger is to identify who you are angry with. Equally important is determining what it is exactly that this person owes you. Did he or she take away your childhood, the opportunity to put your kids to bed at night, your reputation, your income, or your marriage? What do they owe you?

## WHAT WILL YOU DO?

Would you consider creating a physical reminder of your decision to forgive? Take some time and write down what has been taken from you. Put it in an envelope, but don't seal it. Take a few days to make sure everything is on the list. Keep it accessible so that every time you get mad you can review and make sure it is all on there. Then pick a day to put it behind you--bury it, burn it, or whatever will bring closure. You will be tempted to mentally dig it up again...but don't. Remind yourself that it is in your past, and celebrate your forgiveness.

## CHANGING YOUR MIND

*"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27*

