

## Slow to Anger | Exodus 34:6 Sermon Discussion Leader's Guide

**Purpose of Discussion:** To come away with a specific truth that helps us slow down our anger.

**Sermon Refresher:** When God is unpacking the glory of who he is to Moses, he describes himself as slow to anger. This tells us that God does indeed get angry but that he is slow to anger. If we are made in the likeness of God and have been saved to be like God, how can we become slow to anger?

**Icebreaker:** When is a time that you have done something dumb when you were mad?

**Transition:** Even though we live in a culture that is quick to get angry and being people prone to get angry ourselves, God desires us to be slow to get angry just as he is. Let's look at how we can do this...

### Discussion:

#### Exodus 34:6

<sup>6</sup>The Lord passed before him and proclaimed, "The Lord, the Lord, a God merciful and gracious, **slow to anger**, and abounding in steadfast love and faithfulness"

1. In trying to explain how God can be loving and angry, Dave said "real love gets angry at evil being done to what it loves." What do you think about that?
2. Read James 1:19-20. What ways have you seen anger go wrong? What are some things true about God that allow him to be both good and angry?

#### James 1:19-20

<sup>19</sup> Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; <sup>20</sup> for the anger of man does not produce the righteousness of God.

3. What are the things in our lives encouraging a quickness to get angry or a self-righteous criticism of others?
4. Who do you find it easy to get mad at?
5. How has God been slow to anger toward us?
6. Read the following verses and answer how anger left unchecked can cause destruction in our lives:

#### **Ephesians 4:26-27**

<sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold.

#### **Proverbs 30:33**

<sup>33</sup> For as churning cream produces butter,  
and as twisting the nose produces blood,  
so stirring up anger produces strife."

#### **Ecclesiastes 7:8-9**

<sup>8</sup> The end of a matter is better than its beginning,  
and patience is better than pride.

<sup>9</sup> Do not be quickly provoked in your spirit,  
for anger resides in the lap of fools.

7. What is a truth you can remind yourself of to slow down your anger?

#### **Sharing and Prayer:**

Consider having a silent time of confession for ways we have been angry and praying for the people with whom we have been angry.