



Sermon Title: Overcoming Anger from the 'OVERCOMING' series

Key Scripture: 2 Kings 5:1-15 NIV

Recorded Sermon: www.woodvale.ca/pastservices/v/overcoming-anger

Date + Speaker: April 14, 2024 | Pastor Mark Scarr

The BIG IDEA: Anger is an emotion that is, typically, a reaction to an experience in our daily life, our past or in the world around us. It may also be a way of coping with other, unprocessed, emotions. By studying today's text, we will learn more about what's behind our anger and how to overcome the negative expression of this emotion.

Starter Question:

1. Are you an 'Eruptor' (one who pushes their emotions OUTWARDS with words, actions and attitudes) or a 'Stuffer' (one who pushes their emotions INWARDS) and can you share an example of what this is like for you?

Discussion Questions to Review (observation):

2. Read the text in its entirety. Invite group members to share images, words and phrases that catch their attention and why?

3. If not already alluded to, what does the text reveal about Naaman's personality and how might that affect how he expresses emotion?

Discussion Questions for Digging Deeper (interpretation and application):

4. Why do you think that the author felt it was important to highlight Naaman's anger? What do the other details of the story reveal about the 'roots' of that anger?

5. Review the text and identify expectations that Naaman had. How do you react when your expectations are unmet or proven to be unreasonable?

6. God used a humble servant and a poor excuse for a river as vehicles to heal Naaman. Re-read verses 2,3 & 12. What effect does our pride have on our emotional health/healing?

7. For those of you who have/are experiencing healing of emotions (in particular unprocessed anger) would you share some of the steps you've taken so far?

8. Take some time to pray for one another before you close. Confess personal pride and expectations and agendas. Thank God for what He has already done [There was more than one miracle in Naaman's story]. Ask the Lord to help each be willing to obey His instructions and to heal unprocessed and harmful emotions.

Leadership tips:

- 1. Question 1 - This may lead to sharing that requires a degree of sensitivity. Depending on the size of your group you may want to break into smaller groups and have a leader or coleader present in each.*
- 2. Question 3 – We see that Naaman was highly thought of despite his disease. He might have felt entitled. He might have felt embarrassed and self-conscious and been overcompensating.*
- 3. Question 4 – Naaman was proud and used to being treated in a certain way. The King of Israel's response might have made him feel stupid. And Elisha's response might have left him feeling disrespected.*
- 4. Question 7 – Everyone's journey is different. The objective is not to seek to copy another person's process but to glean resources that the Lord may use to help us. To spur one another on and encourage the other to not give up.*
- 5. Question 8 – Prayer is powerful. Other miracles: Naaman was healed of leprosy; his skin didn't return to its adult state but became as a young child's; Naaman acknowledged the Lord as the one true God.*

Additional Scriptures – 1 Samuel 17:26-28 [another real-life biblical example of anger] and James 1:19-22