

Food for Thought

For the week of June 8, 2014

(Questions and Scriptures for further personal study)

1. Anger can get the best of all of us. When angry, a natural reaction is to want to retaliate, get even or seek justice. How could the following verses help someone understand how we actually gain the most by letting go of anger?

Ephesians 4:29

Isaiah 30:18

Luke 6:37

2. Conflict is something we all experience at some point. It's also something that tends to get blown out of proportion or distorted when not handled with the guidelines and principles God gives us. What insights do the following verses give us in dealing with conflict in healthy ways?

Proverbs 15:1

Galatians 6:1-5

Romans 12:9

3. Make a list of 5 things that make you angry (if nothing makes you angry, think bitterness, annoyance, or irritation). Rate each item on your list from 0-5 with 0 not making you very angry to 5 making you very angry. Take some time to write down why each item rates as high or as low as it does. Then read the following scriptures and write down how each could help you decrease the amount of anger you have.

Galatians 5:16-18

Leviticus 19:18

Mark 11:25

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1. Anger can get the best of all of us. When angry, a natural reaction is to want to retaliate, get even or seek justice. How could the following verses help someone understand how we actually gain the most by letting go of anger?

Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. [NIV]

Isaiah 30:18

Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him! [NIV]

Luke 6:37

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. [NIV]

2. Conflict is something we all experience at some point. It's also something that tends to get blown out of proportion or distorted when not handled with the guidelines and principles God gives us. What insights do the following verses give us in dealing with conflict in healthy ways?

Proverbs 15:1

A gentle answer turns away wrath, but a harsh word stirs up anger. [NIV]

Galatians 6:1-5

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. 2 Carry each other's burdens, and in this way you will fulfill the law of Christ. 3 If anyone thinks they are something when they are not, they deceive themselves. 4 Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, 5 for each one should carry their own load. [NIV]

Romans 12:9

Love must be sincere. Hate what is evil; cling to what is good. [NIV]

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Galatians 5:16-18

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever[a] you want. 18 But if you are led by the Spirit, you are not under the law. [NIV]

Leviticus 19:18

Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the Lord. [NIV]

Mark 11:25

And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.” [NIV]