



Discussion Guide for “How to Be Angry”

How to Survive the Election Week 3

This close to the election, there's a lot of anger. Like... a LOT. What does it mean for a people of faith to be angry? How do we know if our anger is righteous or not? And what are we supposed to do with it?

Scriptures for Further Reading

[Ephesians 4:25-27](#)

[Mark 3:1-5](#)

[Mark 11:11-25](#)

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week's sacred reading is Mark 11:11-25.

Questions for Discussion

1. Have you struggled with anger during this election season? What has triggered that anger?
2. Review Ephesians 4:25-27. The letter commands us to “be angry, but do not sin.” Have you considered anger itself to be a sin?
3. Review Jesus' encounter with the man with the withered hand in Mark 3. What made Jesus angry? How is this a guide for our anger?
4. What are some differences between righteous anger and selfish anger? Are you good at interrogating your own anger?
5. What should we do with our unrighteous anger? What should we do with our righteous anger?