



4. What do you learn about anger from verses 26-27?

5. Use a study Bible, commentary to explain verse 26 "In your anger do not sin." And when is it okay, even right to be angry?

6. Anger often occurs when someone "steps" on your rights. How do you usually deal with anger? (Saying you never get angry is not an option.)

7. Explain "do not give the devil a foothold."

**Read Ephesians 4:29-31**

8. Explain "do not grieve the Holy Spirit of God" in verse 30.

9. Difficult, evil, awful and criminal things happen to people. You especially see the impact in older people, where some individuals become bitter and others become better. Explain the difference.

10. Paul says, "Get rid of all bitterness, rage and anger, brawling and slander." So, how do you do that?

**Read Ephesians 4:32-5:2**

11. Now, we see what we are to "put on." Why are we to be kind, compassionate and forgiving?

12. Use your answer in question 11 to pray for the leaders of our nation as you go to prayer.

**Close in Prayer**