

THE DEADLY SINS – *Episode 5: Anger*



Team Member Name: _____ Date: _____

Game Strategy – Men, we like a good fight. Getting mad can give us the energy to overcome some major obstacles, but when does our anger become sin?

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. Read Ephesians 4:26-27, 31-32. Anger can be both good (righteous) or bad (unrighteous/sinful). What is righteous anger? What is unrighteous or sinful anger?
 - Describe a time when you showed healthy, righteous anger.
 - Describe a time when you lost your temper and caused harm.
 - Describe a time when you buried your anger and it resulted in bitterness and resentment.
2. Anger usually leads to other emotions. Can you name and describe them?
5. It seems as though anger is quite prevalent in our society today. What do you think is the reason for so much anger?
6. Can you cite an occasion when someone just “went off” on you? What was your reaction?
7. What do you think are some antidotes for controlling our/your anger? Do you have a special prayer?
8. The antidote to anger is love and forgiveness (Ephesians 4:32). Talk about a time when you chose to love and forgive and how that made a difference.

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Acknowledge sinfulness and ask for forgiveness.
2. Ask the Holy Spirit for the power of self-control.
3. Ask the Lord to show you where your anger comes from.

Complete your **Personal Action Item**. 

Scripture References

1 Kings 16:1-2
Psalm 103:8-13

Hosea 11:8-9
Ephesians 4:26-27, 31-32

Coaching Tips

Anger is a God-given emotion and part of who we are. How we handle it is human. We can use it for good or we can sin.

Anger can help us to overcome and correct evil. It can set things right. Rational (righteous) anger is constructive. Irrational anger is destructive.

Anger is rooted in pride.

The Lord is slow to anger and rich in mercy. We must model ourselves on Him.

Self-control is a virtue against anger.

Anger which leads us to resentment and bitterness is destructive for us and others we encounter.

Anger out of control is sinful. Meekness is strength under control. Reflect on the meekness of Jesus during His Passion and death.

Catechism Connection

2259 In the account of Abel's murder by his brother Cain, Scripture reveals the presence of anger and envy in man, consequences of original sin, from the beginning of human history. Man has become the enemy of his fellow man. God declares the wickedness of this fratricide: "What have you done? The voice of your brother's blood is crying to me from the ground. And now you are cursed from the ground, which has opened its mouth to receive your brother's blood from your hand."

584 Jesus went up to the Temple as the privileged place of the encounter with God. For him, the Temple was the dwelling of his Father, a house of prayer, and he was angered that its outer court had become a place of commerce. He drove merchants out of it because of jealous love for his Father: "You shall not make my Father's house a house of trade. His disciples remembered that it was written, "Zeal for your house will consume me." After his Resurrection his apostles retained their reverence for the Temple. Mt 21:13, Jn 2:16-17; Ps 69:10, Mk 14:57-58, Mt 27:39-40.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...