

# A(n)dvent Series

## Anger and Peace

Sunday message from December 11<sup>th</sup>, 2022

~ Notes & Reflections ~

- **What is it like to experience the reality of the pain of our broken world and simultaneously put our hope in the beauty of Jesus and what He's done?**
- **We don't have a great relationship with anger. We often think we should deny, suppress, avoid, ignore anger.**
  - ❖ Avoiding anger causes it to come out in explosive, unhealthy ways.
  - ❖ What has your relationship with anger looked like for you in your life? In your recent past?
- **Psalm 69 is an imprecatory ("curse" or "angry") psalm.**
  - ❖ How have you approached or interacted with these types of psalms (about 10% of psalms) in the past?
  - ❖ Read [Psalm 69](#) slowly. What word, phrase or concept stands out to you? What portions of this Psalm reflect your experience? What might God be speaking to you?
- **God wants our true and honest self.**
  - ❖ "We must pray who we actually are, not who we think we should be." ([Eugene Peterson](#))
  - ❖ "It is better to rage at the Creator than to smolder in polite devotion." ([Tish Harrison Warren](#))
  - ❖ Honesty before God is the path toward an experience of being fully known and fully loved by God.
  - ❖ How do these statements sit with you? Talk to God about what surfaces.
- **If the Psalms are our school of prayer, we learn that we can express anything to God—even if those emotions are about God.**
  - ❖ Reflect on some of your recent prayers. Were they honest? Did you hold back the emotions that you think God didn't want to hear?
  - ❖ What might be the role of shame in holding back your emotions with God?
- **It is not the connection to anger that leads us to spiral out of control, but rather the disconnection from anger.**
  - ❖ What would it look like for you to connect with your anger? What would it look like to do this with God?
- **The psalms model a safe place for our anger, an invitation to place our anger on Someone who can handle it and work through it with you, shaping you.**
  - ❖ How might you respond to this invitation to be honest before God with your anger?
- **To follow in the way of Jesus, anger should be a very real response to injustice.**
  - ❖ The Prince of Peace came to make peace, not keep the peace. Peacemaking steps into what's real while peace-keeping continues to push reality aside.
  - ❖ Reflect on a time when you observed or experienced injustice. What would peace-making and peace-keeping look like in that situation? How might the Prince of Peace be present and act in that situation?
- **Jesus can handle our anger because He has already handled the anger of God at our sin on the cross.**
  - ❖ How might this view of Jesus change the way you express your anger before God?
- What statements or aspects of this message bring comfort? Which bring conviction? Take some time to talk to God about what bubbles up as you read/hear and reflect on this message.
- What might God be inviting you into as a response to this message/reflection on anger and peace?