



MISSION CREEK

Alliance Church

ANGER Application Questions

When was the last time you felt angry, and what did that anger reveal about what you truly love or value in that moment?

Who in your life has been hurt by your anger—whether explosive or silent—and what would it look like to seek healing and forgiveness there this week?

If “anger follows our loves,” what loves in your life might be misplaced—things you’ve elevated above the love of God or love for others?

Think of something in our world that truly angers you. Does that anger seek to harm or to help, to destroy or to restore? How might you let God transform that anger into a redemptive force for good?

Where in your daily life—family, work, online—do you most need to practice being “slow to anger” like God? What would that look like in action this week?

Jesus doesn’t cancel us for our anger; he forgives us. How might experiencing his grace empower you to forgive someone who has angered or wounded you?

If “he wasn’t cured, but he was healed,” what would it look like for you to let Jesus heal the inner anger that’s been stealing your peace—even if your circumstances don’t change?

MCA Church Circles

Care • Prayer • Scripture