



Character of God

Week 3: Slow to Anger

CCV Groups Discussion Guide

OPENING QUESTION:

What's a pet peeve that makes your blood boil?

GROUPS [VIDEO GUIDE](#)

READ:

- [Proverbs 14:29](#); [15:18](#); [16:32](#) and [James 1:19-26](#)

DISCUSS:

- Who is brave enough to share the last time you were angry enough to throw something? Feel free to share what you threw.
- Identify a situation or circumstance that tends to trigger impatience or anger in people. What common strategies do people practice to calm down?
- Share an area of your life or event that you are slower to anger with today than you would have been 5 years ago. What made the difference?
- After reading Proverbs 14:29; 15:18; 16:32 and James 1:19-26: Why do you think patience and slowness to anger are important qualities for us to cultivate in our own lives? How can these qualities positively impact our relationships with others?
- If you were to pretend that you were a counselor, what advice would you give to help a person become slow to anger?

PRAYER:

Take some time to let everyone pray silently about a specific event or person that caused them to become angry. After a time of silent prayer, have one person designated to pray for God's character to become more of our character.

SCRIPTURES:

- **Psalm 103:8**, “The LORD is merciful and gracious, **slow to anger** and abounding in steadfast love.”
- **Psalm 145:8**, “The LORD is gracious and merciful, **slow to anger** and abounding in steadfast love.”
- **Numbers 14:18**, “The LORD is **slow to anger** and abounding in steadfast love, forgiving iniquity and transgression, but he will by no means clear the guilty, visiting the iniquity of the fathers on the children, to the third and the fourth generation.”
- **Psalm 86:15**, “But you, O Lord, are a God merciful and gracious, **slow to anger** and abounding in steadfast love and faithfulness.”
- **Jonah 4:2**, “And he prayed to the LORD and said, “O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, **slow to anger** and abounding in steadfast love, and relenting from disaster.”
- **Joel 2:13**, “And rend your hearts and not your garments.” Return to the LORD your God, for he is gracious and merciful, **slow to anger**, and abounding in steadfast love; and he relents over disaster.”
- **Nehemiah 9:17**, “They refused to obey and were not mindful of the wonders that you performed among them, but they stiffened their neck and appointed a leader to return to their slavery in Egypt. But you are a God ready to forgive, gracious and merciful, **slow to anger** and abounding in steadfast love, and did not forsake them.”
- **Exodus 34:6–7**, “The LORD passed before him and proclaimed, “The LORD, the LORD, a God merciful and gracious, **slow to anger**, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation.”
- **James 1:19**, “Know this, my beloved brothers: let every person be quick to hear, slow to speak, **slow to anger**.”
- **Proverbs 16:32**, “Whoever is **slow to anger** is better than the mighty, and he who rules his spirit than he who takes a city.”
- **Proverbs 14:29**, “Whoever is **slow to anger** has great understanding, but he who has a hasty temper exalts folly.”
- **Ecclesiastes 7:9**, “Be not quick in your spirit to become angry, for anger lodges in the heart of fools.”
- **Proverbs 15:18**, “A hot-tempered man stirs up strife, but he who is **slow to anger** quiets contention.”