

THE 7 Deadly Sins

MESSAGE RECAP

Anger is an emotional response to something we believe is wrong, unfair, threatening, or hurtful. It is not automatically sinful. But anger becomes **wrath** when we seek to hurt, punish, or control someone—to make them pay.

This message explores how wrath can show up through explosive words, punishing silence, or private thoughts of revenge. Using the five-step diagnostic—**fruit, root, desire, lie, and truth**—we can uncover what is happening inside us and respond differently. Releasing revenge does not mean excusing wrongdoing or abandoning boundaries and accountability. It means trusting God with justice while refusing to let someone else's actions determine who we become.

ICEBREAKER

What is one minor inconvenience that tests your patience more than it probably should—slow drivers, unreliable Wi-Fi, long lines, or something else?

DISCUSSION QUESTIONS

*What stood out to you most from the message? Was there a statement or Scripture that challenged how you think about anger?

*The message distinguished between anger saying, “What happened was wrong,” and wrath saying, “I want to make you pay.” What are some signs that we are moving from one to the other?

*Read Ephesians 4:26–27.

What does it look like to acknowledge and address anger without sinning?

How can rehearsing an offense give anger more influence over us?

*Wrath can explode, withdraw, or live in our heads. Which expression are you most likely to struggle with? How can quieter expressions of wrath damage relationships?

*The message said, “Wrath grows when a legitimate desire becomes an illegitimate demand.” How can a good desire for justice, respect, or an apology become a demand that leads us to hurt others?

*Which of these beliefs is most tempting for you, and why?

- “If I don’t make them pay, nobody will.”
- “My anger will force them to change.”
- “If I forgive them, I’m saying what they did was acceptable.”
- “I cannot have peace until they apologize.”

*Read James 1:19–20.

Think about a tense conversation. What would change if you were quick to listen, slow to speak, and slow to become angry?

*Read Romans 12:19.

What makes trusting God with justice difficult?

How can we release revenge while still pursuing accountability and establishing appropriate boundaries?

*The message acknowledged that the person who hurt us may never apologize. What would it look like to trust God even if you never receive the ending you want?

*Consider this statement: "I will not become someone I'm not supposed to be because of what someone else did to me."

*What response or habit might God be calling you to change this week?

Personal Application: Run the Diagnostic

Give everyone a few quiet minutes to consider a situation that still stirs anger.

Invite them to complete these prompts:

- Fruit: Because of what happened, I have been doing, saying, or thinking _____.
- Root: My anger becomes wrath when I try to punish or control someone by _____.
- Desire: I have been demanding _____ before I believe I can be okay.
- Lie: Underneath that demand, I have been believing _____.
- Truth: The truth from God's Word I need to embrace is _____.
- Then ask: What is one concrete step you can take this week to respond in obedience to God? Who could support you in taking it?

Leader Note: Allow people to share only what they feel comfortable sharing. Keep the focus on their responses rather than the details of another person's wrongdoing. Forgiveness does not require immediate reconciliation, restored trust, or remaining in an unsafe situation.

Prayer

Invite group members to ask God to expose the lies beneath their wrath, help them release revenge, and give them wisdom to pursue truth, boundaries, and accountability with a heart that reflects Jesus.