

“The other day this guy flipped me off in traffic.  
Apparently the 75 miles an hour I was going just wasn’t fast enough.  
So this guy let me know it.”

What are some situations where people easily get “under your skin”?  
Do you let these people know?  
If so, how?

“That guy was angry long before he got in his car, wasn’t he? You and I see this all the time.  
We see it in traffic, but we see it in the store, we see it in the school, we see it at the office, we see it in the home.  
There is this low-grade boiling rage that many people carry around with them everywhere they go.”

What are some places where you typically see the low-grade boiling rage in other people?

Another time he went into the synagogue, and a man with a shriveled hand was there.  
Some of them were looking for a reason to accuse Jesus,  
so they watched him closely to see if he would heal him on the Sabbath.

[Mark 3:1-2 \(TNIV\)](#)

“Anger is simply an emotion.  
It’s just your body’s way of telling you that your will has been blocked.  
What you want to happen isn’t happening.  
The problem isn’t anger; the problem is what we do with it.  
It’s where we take it. It’s where we go with it.  
The question is, why am I angry?  
Because my anger is going to lead somewhere.”

What was the last thing you got angry about?  
Have you asked yourself why this made you angry?  
Where did your anger lead?

Another time he went into the synagogue, and a man with a shriveled hand was there.  
Some of them were looking for a reason to accuse Jesus,  
so they watched him closely to see if he would heal him on the Sabbath.  
Jesus said to the man with the shriveled hand, “Stand up in front of everyone.”  
Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?”  
But they remained silent.

[Mark 3:1-4 \(TNIV\)](#)

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“There is a response to anger that’s essentially all about us. Our pride, our ego, all of the ways we work so hard to prop up and protect and defend our selfish little kingdoms. But that isn’t what’s going on here with Jesus. Jesus has identified himself with an injustice larger than himself. There is something divine about his anger because some things are worth getting angry about.”

Do the things that typically make you angry regard your own situation or bigger, universal issues?  
Do you believe the things you usually get angry about are actually worth getting angry about?

“Find somebody who is depressed, tired, exhausted; you get them angry and it’s like rocket fuel. I mean, it is unbelievable energy and stimulus. There is power within us when we’re angry that can frighten us.”

Have you ever gotten so angry you broke something?  
So angry that you said or did things you never would’ve thought you’d say or do?  
So angry you actually scared yourself?

Another time he went into the synagogue, and a man with a shriveled hand was there. Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. Jesus said to the man with the shriveled hand, “Stand up in front of everyone.” Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent. He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored.

[Mark 3:1-5 \(TNIV\)](#)

“What does Jesus do with his anger? The Scripture says that he looks around at the religious leaders and then he says to the man with the injured hand, ‘Stretch out your hand.’ And the man stretches out his hand and Jesus heals him. Jesus’ anger leads to an act of healing and restoration. His anger, it increases the peace of the world. It leads to this good deed that makes things better.”

What are some things you could do to ensure your anger leads to making things better?

“When we’re talking about calling and mission and vocation and purpose, what we’re going to give our lives to, one of the questions we often ask is, ‘What do you love?’ But there’s another question that we can ask. ‘What makes you angry?’”

What are some things in the world right now, some larger issues, that make you angry?  
When you think about what you want to do with your life, are these things part of your consideration?

Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

[Matthew 28:18-20 \(TNIV\)](#)

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“We need to embrace the simple truth that we were made to give ourselves to a cause bigger than ourselves ... a cause that increases the peace in the world... a cause, a purpose, a task that makes the world a better place.”

Have you given yourself to a cause bigger than yourself that's making the world a better place?  
If so, how is it making the world a better place?

“May you become aware of your anger. May you learn to channel it, to focus it, direct it into something beautiful. And may it fuel sacred acts of healing and restoration.”

It's estimated that supermarkets in the United States spend up to \$180 million annually to replace lost shopping carts.

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# NOOMA

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