

Champions Arise Study Guide
Series: Adult Children of Divorce

Program #CA 45 (ACD) – Adult Children of Divorce (ACD): Issues with Anger - Part 1

Focus passage – Proverbs 14:29, *“Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.”*

1) Have you or someone you know been accused of having an anger problem?

2) What was the first reason for anger in ACD that was discussed?

3) What was the second reason for anger in ACD that was discussed?

4) What was the third reason for anger in ACD that was discussed?

“Keep away from angry, short-tempered people, or you will learn to be like them and endanger your soul.”
Proverbs 22: 24-25.

5) Why is it important for men to overcome their anger?

“An angry person starts fights; a hot-tempered person commits all kinds of sin.”
Proverbs 29:22

“Human anger does not produce the righteousness God desires.” James 1:20

Commitment: I commit to dealing with my anger in a biblical way.

Adult Children of Divorce: Issues with Anger - Part 1 – LEADER'S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1. Remind the men that what is said in the meeting is confidential.
5. Listen to the program: “Adult Children of Divorce: Issues with Anger - Part 1”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the four remaining questions with the men in the group.
Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: Taking the “loyalty challenge” – having to choose between their parents.
 - b. Question #3 answer: The ACD's feelings of having no control.
 - c. Question #4 answer: The kids learn it from their parents.
 - d. Question #5 answer: It does not produce godly fruit.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to take anger seriously and help each other to address it in a biblical way.
10. Confirm the time for the next meeting
11. Take prayer requests.
12. Close in prayer

Sample prayer: Heavenly Father, please help us to overcome any inappropriate anger so we can love You with our whole heart and truly love our wives and children. In Jesus name, Amen.