

**Champions Arise Study Guide**  
**Series: Adult Children of Divorce**

**Program #CA 46 (ACD) – Adult Children of Divorce (ACD): Issues with Anger (Part 2)**

Focus passage – Ephesians 4:31, “*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*”

1) What are ways people try to stop being angry?

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2) What are four steps men can take to reduce their tendency to respond in anger?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

3) What does the G stand for in the G.I.F.T. tool we use to identify anger causes.?

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4) What does the I stand for in the G.I.F.T. tool we use to identify anger causes.?

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5) What does the F stand for in the G.I.F.T. tool we use to identify anger causes.?

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6) What does the T stand for in the G.I.F.T. tool we use to identify anger causes.?

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**Commitment:** I commit to identifying the real causes for my anger.

## Adult Children of Divorce: Issues with Anger (Part 2) – LEADER’S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1.
5. Listen to the program: “Adult Children of Divorce: Issues with Anger (Part 2)”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the five remaining questions with the men in the group.  
Encourage everyone to participate, but never force or shame someone into participating.
  - a. Question #2 answer:
    1. Accept that we choose to be angry. Being angry is a choice.
    2. Learn more about the person or situation before responding in anger.
    3. Confess our anger and why we are angry to God in prayer.
    4. Find constructive outlets to diffuse anger.
  - b. Question #3 answer: Guilt
  - c. Question #4 answer: Inferiority or Inadequacy.
  - d. Question #5 answer: Fear
  - e. Question #6 answer: Trauma
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to seeking God’s help to expose and eliminate the causes of their anger.
10. Confirm the time for the next meeting
11. Take prayer requests.
12. Close in prayer

Sample prayer: Almighty God, please help us to identify the real reasons for our anger, and give us the strength to overcome those reasons. Thank you. In Jesus name, Amen.