

# All the Feels: Understanding Our Emotions Through the Psalms

## Discussion Questions

### Week 2: Anger & Contempt

1. What types of things do you most often get angry about?
2. How do you usually express your anger? Rage? Bitterness? Resentment? Passive-aggressive comments? "Venting"? Gossip?
3. Do you ever spend time praying through your anger? Why or why not?
4. Read Romans 12:19-21. What would it look like to put this passage into practice in response to your anger?
5. Read 1 Peter 3:18. What "injustices" of your own did Jesus die for? How should that inform your anger towards other injustices?