

SEVEN DEADLY SINS: WRATH

August 11th, 2025

MESSAGE RECAP

This week, we explored wrath, a sin that starts as anger but escalates when left unchecked. Wrath is anger on jet fuel – expressed through harmful words, damaging actions, or broken relationships. Ephesians 4:26-27 warns us not to let the sun go down on our anger, or we give the enemy a “topos” – a foothold, a place or room in our hearts. Wrath is a misplaced desire to satisfy our anger with immediate justice instead of trusting God to handle it. True healing comes when we learn to invite God into our anger, become slow to react, and move from mere confession to full repentance.

GROUP DISCUSSION

1. Have you ever acted out of anger and regretted it? What might have changed if you trusted God with the outcome instead?
2. Read Ephesians 4:26-27:
 - a. Why is unresolved anger so spiritually dangerous? Have you ever experienced anger that took root and turned into something more?
 - b. What does it look like to give the enemy a space in your life?
3. Walking Through the 6-Stage Path to Wrath
 - a. Reflect briefly on the six stages: Anger → Response/Reaction → Narrative → Resentful Heart → Hostility → Destruction (Wrath)
 - b. Which of these stages do you find yourself most vulnerable to right now? Why?
 - c. When you feel anger, do you tend to react or respond?
4. Read Romans 12:19:
 - a. Why is it so hard to “leave room for God’s wrath”? What does trusting God with justice look like in a real-life situation?
5. What is one thing you can do this week to put this into practice?
 - a. Invite God into your anger story. Journal or pray through a situation where anger has taken hold.
 - b. Memorize James 1:19–20 and repeat it when you feel yourself starting to react.
 - c. Make one relational repair. Apologize or open a conversation where wrath may have caused distance.