

Goliath Must Fall
Session # 4 Summary
October 17, 2021

We watched the video session on “Anger Must Fall” and had an open conversation about anger and the challenge it poses us.

- We shared how anger was dealt with in our families when we were growing up. Some were taught to cover anger up ; others grew up in homes where anger was verbalized loudly, forcibly, and sometimes physically.
- We discussed the various ways we react when angered. There seemed to be a sincere effort to respond tactfully, not angrily. But most seemed to also be attentive to lessons learned from encounters with angry people -- most specifically, staying away from people who are angry, hurtful, or “toxic.”
- It was brought up that many times underneath anger lies a fear of something. Taking time to try to identify the underlying fear has been helpful to at least one person.
- Taking our anger to the cross where we can see our own failings as well as those of the other person seemed to be an emphasis in this lesson. Christ is also our example in manifesting, and reacting to, anger. Righteous anger may be hard for human beings to live up to ; perhaps better terms are the ones used in the video : “rightly-placed” and “wrongly-placed” anger.
- Should we “forgive and forget” when someone hurts us ? The response in our group seemed to be to “forgive and learn.” We had a rather long discussion about our motivations in keeping hurtful people at arm’s length, or avoiding them altogether. Is that, in and of itself, an angry response ?
- When we don’t forgive someone who has hurt us, we allow them to maintain some small control over us. Also, we leave a door open for Satan. We discussed the problem of holding a grudge. Some have held grudges for a very long time.
- We asked ourselves what makes people angry in a church. Some responses were these :
 - change
 - lack of personal recognition
 - gossip
 - people who sin differently than I do
 - expectations not being met