

## Materials for this Lesson

### Answer These

What are three painful experiences from your life?

What lies, vows or beliefs would you say came from these experiences?

How are those experiences affecting you today?

What connections do you see between your anger and these experiences?

### Remember This

Life is full of pain and hurt. All of us experience it.

We are rarely equipped to handle hurts we experience.

Hurts don't go away by themselves. They linger in our soul until we resolve them.

Unresolved pain from our past can be a root for much of our anger emotions.

We have a responsibility to allow God to walk through these unresolved hurts and remove their power from our lives.

Unresolved hurts lead to a cycle of more pain and hurt, if we ignore them.