

“The Gift of Anger” Book Study Week 1, 9/19/19

1. **Format** – Book Study – practical application to our lives during these 6 weeks
 - a. Choose an area/issue/challenge in your life to process as we work through the book
September 19-October 24, 2019
 - b. Rev. Elan Lambert, 971-216-9599, elanlambert1@aol.com

2. **Study Plan**
 - c. Preface & Lesson 1, pp. 1-34, September 19
 - d. Lesson 2, pp. 35-60, September 26
 - e. Lessons 3-4, pp. 61-104, October 3
 - f. Lessons 5-6, pp. 105-150, October 10
 - g. Lessons 7-8, pp. 151-206, October 17
 - h. Lessons 9-10 & Epilogue, pp. 207-290, October 24

Preface Questions (pps. 1-12)

1. At ages 12-14, Arun Gandhi lived and traveled with his grandfather Mahatma Gandhi. Arun lived in South Africa, where he was having behavior difficulties. This book details that time and the lessons Arun learned that forever changed his life.
Who was your most important ‘mentor’ and what did you learn from them?

2. Arun was bullied in racially charged South Africa (not white enough/not black enough)
**What are some of the reasons people are bullied? Why do people bully others?
How did your experiences of being bullied affect your life at that time?
How are they still affecting your life?**

3. People are desperate for change but feel helpless. We must transform our own lives.
**Choose an area/issue/challenge in your life to process as we work through the book
What does your anger look like? (draw it with crayons on white paper)**

Lesson One “Use Anger for Good” (pgs. 13-34)

1. Gandhi responded to violence and hatred with love and forgiveness and never fell prey to the toxicity of anger.
How do we do that? How have you tried to do this? What has worked for you?

2. Tools Gandhi used to teach this lesson to Arun
 - Spinning wheel (p. 20)
 - Anger journal—Once you understand the source, you can find a solution.
 - **Who or what caused your feelings and why you reacted so angrily?**
 - KEY = to acknowledge everyone’s point of view and to forgive is the sign of real strength
 - Anger narrows your world so only thing you see is the insult in the moment.
 - **When have you not been able to let go of what someone said about you?**
 - **Watch Bishop T.D. Jakes “The Stumbling Stage” YouTube video**
<https://www.bing.com/videos/search?q=td+jakes+the+stumbling+stage&&view=detail&mid=8483D4CEAC226263795F8483D4CEAC226263795F&&FORM=VRDGAR>
 - Treat anger as a warning sign that something is wrong
 - Focus on solution that makes everyone happy

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- Learn to control your mind – meditation
 - Channel anger into intelligent action! (Arun story, p.27-29)
 - Be calm in the face of anger
 - Educate people to change their hearts
3. Watch Arun **Video**
<https://www.bing.com/videos/search?q=Gandhi+talk+on+nonviolence&&view=detail&mid=37AC4571F0C70B03688037AC4571F0C70B036880&&FORM=VRDGAR>
4. How will you apply Lesson 1 “Use Anger for God” this week?