

#AllTheFeels – Outrage

This month we are discussing the emotion of Outrage and learning how to freely express this emotion to God by reading through Psalm 137. Often times as Christians, we see emotions such as Outrage as sinful and off limits because we are meant to be filled with the fruits of the Spirit. While it is true that God wants to fill us with the fruits of the Spirit, these other emotions are not evil but God-given. It is how we handle, express, and deal with these emotions that can ultimately lead us closer to God or into sin.

Read Psalm 137

Watch #AllTheFeels – Outrage

- Do you think outrage is a good or bad emotion?
- What is something that makes you experience outrage?

1. We must express our outrage to God

Read verses 1-6

The psalmist vowed never to forget what happened to him, to never forget his allegiance to Jerusalem. The writer's identity and land were taken from him, we are outraged when we are robbed of priceless things, such as; our home, family, personhood, or innocence. When we experience outrage, we want revenge.

Read verses 7-9

The psalmist is invoking God to be the judge of his tormentors. Reading these verses can make us uncomfortable because of how aggressive the writer is, but he is truly demonstrating the outrage he felt.

When we are outraged, we want our oppressors to suffer, to feel our pain.

Imprecatory psalms such as this one come across as harsh and we want to believe that we would never pray like this to a holy and reverent God. However; our first step in overcoming outrage is to express it to God, to stop pretending it's not there. We must admit our outrage and lay it bare before God.

- Have you ever been completely honest with God as the psalmist was?
- What does honesty like this do for our outrage?

2. We must leave room for God's wrath

Read Romans 12:19

We must release our urge to get even and leave it in God's hands. God will be sure to see that ultimate justice is done for His children. We will only see justice happen when we leave room for the Almighty Judge to intervene.

- How can we be patient and content even when we don't see the justice take place?
- Does thinking about Heaven and knowing there will be peace, give you the patience you need in this life?

3. We must overcome evil with good

Read Romans 12:21

Responding to evil with evil causes us to be overcome by evil. We are called to overcome evil with good, as Jesus and the early church did.

We must understand that to be reconciled with God and to be reconciled with neighbors and enemies is to experience the fullness of God's freedom that He desires for all His children.

- What are ways we can be reconciled with God?
- How can we reconcile with neighbors and with enemies?

God does not call us to pretend that evil is good or to ignore the pain of injustice. But we must resist the temptation to avenge ourselves, work for reconciliation, leave room for God's wrath, and overcome evil with good. Those who follow Jesus must follow His example and respond to injustice with love.

As a group share which of these 3 points you need help with the most when you deal with feelings of outrage. Then pray for each other that we could be conduits of reconciliation and leave the wrath to God.