

GET OUT OF THE Weeds

Week Four | Anger | 06.05-06.2021

Grow Deep Conversation Questions: Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90-minute group gathering.

Message Recap: Anger is tricky. Unlike other weeds we have talked about, anger is not all bad. Anger can change people when coming from God's heart and passion for His people. Unfortunately, oftentimes it turns into an unhealthy control mechanism that makes us gods in our own lives. But what if we slow down, pursue God's heart, and remember who is ultimately able to save us from our own brokenness?

» Opening (2-3 minutes)

- Introductions - this is especially important if this is your first meeting and if there are new members
- Housekeeping - clarify expectations
 - Remind your group that this is a confidential meeting
 - **Remember there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - open your time together in prayer

» Introduction (12 minutes)

- Ice-Breaker: What is something silly that makes you angry?
- Digging Deeper: Where do you get the angriest - home, work, traffic? What are some of the triggers that set you off?

» Observation | Read Psalm 4:4; Romans 12:9; James 1:19-21; Ephesians 4:26-27, 31-32; 6:4 (12 minutes)

- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

» Key Principle | Anger may feel safe, but it can't save you. (12 minutes)

- How do you know when anger is righteous and when it is destructive?

» Deal With It | Reread Ephesians 4:26-27; 31-32; 6:4 (12 minutes)

- Who do you need to add to your team as you learn to trust God rather than let anger drive you? Who do you need to forgive to reduce your anger and who do you need to apologize to for your anger? Come up with ways you can reduce your anger and forgive others.

» Don't React, Respond | Reread Psalm 4:4; Romans 12:9 (12 minutes)

- Where is anger controlling you? What is that anger taking from you? What are some rhythms you need to implement to reduce anger?

» Dial It Down | Reread James 1:19-21 (12 minutes)

- What are some ways we can practice being slow to speak, quick to listen, and slow to become angry?
- What is the significance of the order of James' instructions in his letter? Is this the order that you naturally follow?

» Next Steps and Prayer | (15 minutes)

- Read Psalm 139:23-24 and spend some time talking about what this prayer means and why it matters in our lives today.
- This week, reflect on these questions: What feelings control me? Where do these feelings come from? Have I given God access to this part of me?
- Close by reading Psalm 139:23-24 from The Message Version as a prayer over your group.