

# JESUS + therapy

A Series on Mental Health

**Group  
Discussion  
Guide**

**Week 2**

# HOW TO USE THIS GUIDE

There are four components to a healthy group: Word, prayer, relationships, and reaching out.

In this guide, we will study Ephesians 4:17-32 using inductive Bible study, which has three components: observation, interpretation, and application.

As the leader of your group, feel free to use whatever parts of this guide most help you do this!

# CONNECT

Take sometime to break the ice and choose one of the questions below.

- What makes you the most angry?
- What does forgiveness for other people look like in your life?
- Discipleship check-in:
  - Have you prayed and read your Bible consistently the past week?
  - Who is someone you're praying to share Jesus with this week, and what's one way you can love them well?

# INTRODUCTION

This week marks the start of our sermon series "Jesus + Therapy," where we'll be looking at how the Bible teaches us to bring different parts of our emotional life to Christ. We are not looking to discredit or replace the work that godly therapists do. Rather, we will be meditating on the truth that a godly approach to emotions and therapy must go through Jesus. We should go to Him first as the Great Therapist, and all other therapeutic techniques should be centered around Him.

Our second study in this series focuses on anger and specifically anger within the context of relationships. We are going to see what anger looks like and how we can overcome it.

# OBSERVATIONS

## READ

Ephesians 4:17-32

## DISCUSS

- In verse 22, Paul uses the phrase "old self" and in verse 24 he uses the phrase, "new self." Define each phrase.
- What commands are given in relation to anger?
- In verse 31, Paul gives different synonyms for anger. Take time to define each one. Feel free to use a dictionary.

# INTERPRETATION

## DISCUSS

- Why do you think Paul wrote verses 17-24 before giving the different commands found in verses 25-32?
- In verse it says, "In your anger do not sin." What do you think this means?
- How do the different synonyms for anger found in verse 31 fill out what anger looks or feels like?
- What commands does Paul give to help overcome our anger? Why do you think he commands them?

# APPLICATION

## DISCUSS

- Verse 32b states, "just as in Christ God forgave you." This is where we find the reason and power to be able to forgive those who have wronged us. Take time as a group to praise God by sharing all of the immeasurable ways God has forgiven you in Christ.
- Overcoming anger is never an easy thing especially when it is directed at friends and family members who have hurt us. But the beginning of the freedom from anger is forgiveness. Take time to write down people who you need to forgive and choose one of them that you need to have a conversation with and forgive in person.

# ADDITIONAL RESOURCES

Guiding people through anger and forgiveness can be a difficult thing. Please feel free to reach out to your section leader, a pastor, or friend if you are having a hard time guiding your group through forgiveness. Freedom in Christ ministries also has some great resources on anger and how to forgive. We encourage you to look through their material for further wisdom and guidance on this subject.



# PRAYER

Praise Jesus who has removed our sins from as far as the east is from the west. Pray that each of you would further comprehend the forgiveness Jesus earned you on the cross so that you can have the power to forgive others.

