



DISCUSSION GUIDE

Ice Breaker: Imagine it's a 97 degree, muggy day in July in Minnesota (it will be here before you know it). What do you like to do to cool off?

1. Pastor Tony indicated that "we all have moments when expectations don't get met and frustration kicks in." What is your natural response to unmet expectations? Read James 4:1-2. Describe a time when you reacted in anger to an unmet expectation. How does understanding our unmet expectations help us be less reactive?
2. When it comes to anger, do you vent (Proverbs 29:11, 22), control it (Proverbs 15:1, 19:11), or have you reviewed it to reconstruct it (Proverbs 3:5-6, 14:29)? Describe a time anger was required. What made you certain that anger was justified? Have you found your anger unnecessary at times? How do we get into the habit of reviewing our anger before expressing it?
3. Review the 5 value choices Pastor Tony outlined in the Message Notes that make us prone to carnal anger. Which of these is easiest for you to identify in your own experience? Have you seen the fire of your anger switch from a campfire (Proverbs 17:27) to a wildfire (re-read Proverbs 29:22)? What damages might occur in your relationships if you continually fuel wildfires?
4. Pastor Tony indicated that we "typically...get angry at God because we love our sin," but "eternally, God gets angry at our sin because He loves us." How do these truths impact your response to your anger? How might we become more Christ-like in our response to things which might cause anger in our lives?
5. Review the Next Steps and corresponding verses Pastor Tony provided. Are any of these steps you need to take this week? Have your group pray for you to take these practical steps to move forward in your relationships.

PERSONAL GUIDE

Day 1: Read Psalm 46

Day 2: Read Psalm 47

Day 3: Read Psalm 48

Day 4: Read Psalm 49

Day 5: Read Psalm 50



MESSAGE NOTES AND DISCUSSION-PERSONAL GUIDES



“Wise People Keep Cool” [Tony Myles, Student Ministries Pastor]

MESSAGE NOTES

Heavenly things _____.

“Start with God—the first step in learning is bowing down to God; only fools thumb their noses at such wisdom and learning.” (Proverbs 1:7, The Message)

But the road to heavenly things doesn’t always feel heavenly.

“All of us have sinned and fall short of the glory of God.” (Romans 3:23, NIV)

- The _____ within the world (Proverbs 1:20-23)
- The choices of family (Proverbs 2:1-5)
- Relational fatigue (Proverbs 3:3-4)
- Personal _____ (Proverbs 3:7-8)
- Misdirected _____ (Proverbs 19:3)

We all have moments when expectations don’t get met and frustration kicks in. (see James 4:1-2)

- Anger is an emotion, but it’s not an _____ emotion. (see James 4:1-2)
 - **So... how can you tell if you’re right or wrong about being angry?**

Consider two options we’re familiar with, and an overlooked third option:

- Vent your anger (Proverbs 29:11, 29:22)
- Control your anger (Proverbs 15:1; 19:11)
- _____ your anger, so you can _____ your anger (Proverbs 3:5-6, 14:29)
 - Anger is sometimes _____ – that is, when it is aroused in defense of something God-honoring.
 - And yet, anger is often _____ – that is, when we’re defending short-sightedly.
 - Anger will either come from pressure, or knowing that you’re _____.

We’re most prone to _____ anger when...

- We value the expectation over the relationship
- We value entitlement over faithfulness
- We value history over the future
- We value good things over ultimate things
- We value a person over God

Metaphorically speaking, consider the difference between....

- A _____ (Proverbs 29:22)
- A _____ (Proverbs 17:27)

In a world full of opinions, God’s wisdom and Truth matter:

- **What things are worth getting angry about?**

○ Time for an audit?

- **What values are worth fighting for?**

“God didn’t set us up for an angry rejection but for salvation by our Master, Jesus Christ. He died for us, a death that triggered life. Whether we’re awake with the living or asleep with the dead, we’re alive with him! So speak encouraging words to one another. Build up hope so you’ll all be together in this, no one left out, no one left behind. I know you’re already doing this; just keep on doing it.” (1 Thessalonians 5:9-11, The Message)

○ Typically, we get angry at God because we love our sin.

○ _____, God gets angry at our sin because He loves us.

⇒ What might this genuinely mean for you?

◆ **Say your own personal YES to Jesus**

◆ **Own what your own personal YES to Jesus means**

Don’t miss this: When you can’t see a way out, _____

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!

Next Steps?

- **Resolve conflict quickly** (Matthew 18:15-17, MSG)
- **Eyeball tensions accurately** (Proverbs 26:20-21)
- **Forgive others freely** (Proverbs 19:11, Colossians 3:13)
- **Navigate fools graciously** (Proverbs 18:19, 19:19, 29:9)
- **Grow faith intentionally** (Proverbs 12:28)



“Wise People Keep Cool” [Tony Myles, Student Ministries Pastor]

MESSAGE NOTES

Heavenly things matter.

“Start with God—the first step in learning is bowing down to God; only fools thumb their noses at such wisdom and learning.” (Proverbs 1:7, *The Message*)

But the road to heavenly things doesn’t always feel heavenly.

“All of us have sinned and fall short of the glory of God.” (Romans 3:23, NIV)

- The confusion within the world (Proverbs 1:20-23)
- The choices of family (Proverbs 2:1-5)
- Relational fatigue (Proverbs 3:3-4)
- Personal blind-spots (Proverbs 3:7-8)
- Misdirected blame (Proverbs 19:3)

We all have moments when expectations don’t get met and frustration kicks in. (see James 4:1-2)

- Anger is an emotion, but it’s not an original emotion. (see James 4:1-2)
 - **So... how can you tell if you’re right or wrong about being angry?**

Consider two options we’re familiar with, and an overlooked third option:

- Vent your anger (Proverbs 29:11, 29:22)
- Control your anger (Proverbs 15:1; 19:11)
- Review your anger, so you can reconstruct your anger (Proverbs 3:5-6, 14:29)
 - Anger is sometimes required – that is, when it is aroused in defense of something God-honoring.
 - And yet, anger is often unnecessary – that is, when we’re defending short-sightedly.
 - Anger will either come from pressure, or knowing that you’re pre-sure.

We’re most prone to carnal anger when...

- We value the expectation over the relationship
- We value entitlement over faithfulness
- We value history over the future
- We value good things over ultimate things
- We value a person over God

Metaphorically speaking, consider the difference between....

- A wildfire (Proverbs 29:22)
- A campfire (Proverbs 17:27)

In a world full of opinions, God’s wisdom and Truth matter.

• What things are worth getting angry about?

- Time for an audit?

• What values are worth fighting for?

“God didn’t set us up for an angry rejection but for salvation by our Master, Jesus Christ. He died for us, a death that triggered life. Whether we’re awake with the living or asleep with the dead, we’re alive with him! So speak encouraging words to one another. Build up hope so you’ll all be together in this, no one left out, no one left behind. I know you’re already doing this; just keep on doing it.” (1 Thessalonians 5:9-11, *The Message*)

- Typically, we get angry at God because we love our sin.

- Eternally, God gets angry at our sin because He loves us.

⇒ What might this genuinely mean for you?

- ◆ **Say your own personal YES to Jesus**
- ◆ **Own what your own personal YES to Jesus means**

Don’t miss this: When you can’t see a way out, Jesus makes a way in.

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!

Next Steps?

- **Resolve conflict quickly** (Matthew 18:15-17, MSG)
- **Eyeball tensions accurately** (Proverbs 26:20-21)
- **Forgive others freely** (Proverbs 19:11, Colossians 3:13)
- **Navigate fools graciously** (Proverbs 18:19, 19:19, 29:9)
- **Grow faith intentionally** (Proverbs 12:28)