

The Week of:

Feb. 26, 2025

What's your life like:

What's one challenge you have overcome recently that you are proud of?

What are we talking about this week:

Main Point of Message:

- This week, we are talking about anger and the potential it has to hurt us and our relationships. We are focusing on 2 key truths from scripture:
- It's not bad to feel anger, it's bad to feed it
- If you don't control your anger it will control you

Bible Verses

- Matthew 5:21-22
- Proverbs 29:11
- Proverbs 22:24-25
- Ephesians 4:31-33
- Ephesians 4:26-27
- James 1:19-20

Discussion Questions

1. When's the last time you got really angry? Care to share?
2. What do you think the good and healthy purpose for anger is?
3. In what ways do you see people feed their anger? How about you?
4. Is there anyone you need to forgive?
5. What are some ways you can slow down to take control of anger when it arises?

Now what:

- On a scale of 1-10, how often do you get angry? Ask some close and trusted people in your life to answer that for you.
- What's one next step you can take- to handle your anger in a more healthy way?