



GROUPDISCUSSION GUIDE

WEEK Jan 15–21

MAIN IDEA

The habit of anger.

CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week/holidays. High: What was your biggest highlight since we last met? Low: What was the low point during this time?

SETTLE IN (ICE BREAKER) 10 min

What are some pet peeves of yours? What is your reaction when you see someone doing these things?

DIG IN (UNDERSTANDING) 35 min

1. Read Proverbs 14:29. What kind of understanding is the author talking about? How does this help control anger?
2. How can uncontrolled anger show foolishness?
3. The first two steps Steve Poe lists in breaking the habit of anger are identifying the source of anger and learning to calm down before you react. What are current sources of anger in your life?

4. Read James 1:19-20. How can these verses help guide us in addressing the first two steps?
5. Get exercise, let go of anger correctly, and practice forgiveness are the next three steps in breaking the habit of anger. What scriptures support these steps?
6. How do you see these steps being beneficial?
7. Read Colossians 3:13. What does this scripture reveal about God’s character? How should this impact the way you deal with anger?
8. Giving anger an expiration date and relying on God’s control are the final steps in dealing with a habit of anger. How does Colossians 3:13 support these last steps?

GEAR UP (APPLICATION) 15 min

1. What were the seven steps for changing the habit of anger that help break the habit? Which of the seven do you find easy to do? Which one(s) is the most difficult?
2. What are some practical steps you can take this week in breaking the habit of anger?

STEP UP (HOMEWORK) 5 min

1. Use one of the scriptures on anger to meditate on this week. Share with your group at the beginning of next week’s meeting what God revealed to you about any anger you may be dealing with in your life.
2. If you purchased the book, *Creatures of Habit* by Steve Poe, read chapter 1 on pride to prepare for next weekend’s sermon.