



# GROUPS DISCUSSION GUIDE

**WEEK** Sep 12–18

## MAIN IDEA

While anger itself isn't a sin, anger that isn't handled and processed in a godly way can be destructive.

## 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. High: What was the highlight of your week? Low: What was the low point of your week?

## SETTLE IN (ICE BREAKER) 10 min

1. Do you consider yourself more proactive or reactive? Do you have a funny story to share as an example?

## DIG IN (UNDERSTANDING) 15 min

2. Read Exodus 17:1-4. Describe the scene of these four verses. Why are the Israelites traveling from place to place according to verse 1? Instead of taking their complaints to God, who do they complain to?
3. Have you ever done something similar – been angry about a situation and just complained, or let your anger come out

sideways against the wrong people? How is this testing the Lord, as Moses says? Who does Moses take his complaint to? Do you think God wants to hear our complaints?

4. Read Exodus 17:5-7. What do you think is the significance of each of the things God tells Moses to do and to take with him in verse 5? When has isolation from other like-minded people caused anger in you? What do you learn about God from this passage (see also Psalm 103:8)?
5. Read Proverbs 14:29 and 15:1. What makes you angry and how do those things compare to what makes God angry? How do you know when your anger has crossed the line into sin? What steps do you need to take to gain more self-awareness (understanding) in this area?
6. Read 1 Peter 3:8-9. What does Peter tell us to do and not to do? When are you most likely to stereotype people from a distance? To speak your mind instead of listening with an open mind? To react instead of responding? Pick just one area to focus on this week and pray for each other.

## GEAR UP (APPLICATION) 20 min

7. What have you learned or re-learned about God today?
8. How is he asking you to apply biblical truth to your life this week? Is there a specific application?

## STEP UP (HOMEWORK) 5 min

9. Let's commit to doing a devotional series or Bible reading together this week. Here's one on anger that would be great to meditate on and process as a faith community. <https://www.bible.com/reading-plans/18191-new-life-new-way-anger>