



Small Group Discussion Guide

ICE BREAKER: If you could have an unlimited supply of one thing for the rest of your life, what would it be?

INSTRUCTIONS: If your group meets bi-weekly, do 1, 2 & 4.

1. How does anger effect our relationships? Read Ephesians 4:25-26. Pastor Tom said, “anger can mean that you care.” How can anger be expressed in a caring way? How is anger most often expressed in your life? In a caring or destructive way?
2. Pastor Tom explained that, “it’s how we deal with our anger that makes it a sin or not.” What would be some ways we can be angry and not sin? Read Proverbs 19:11 and 14:29. Why is patience so important as we experience anger? Discuss the five feelings we experience that may lead to anger. Are you experiencing any of these in your life right now?
3. Read Ephesians 4:25-27. How can you tell when your anger has gone to a dangerous place? Pastor Tom explained that if anger is unresolved it grows and unexpressed anger turns into bitterness and even hate and hostility. How have you seen either unresolved anger or unexpressed anger become problematic in your life or in the lives of others?
4. Anger carries with it consequences. Read Proverbs 29:22; 14:17a; 11:29. What is anger’s price tag? Read Ephesians 4:29 and Proverbs 29:11. How might we release our anger in a healthy way? How would this healthy process effect our speech? Read Proverbs 15:1. Review the healthy way to release anger that Pastor Tom outlined. Which of these is easy for you and which is a challenge? How might you grow this week in processing your anger in a healthy way?
5. Pastor Tom explained that we need Jesus’ power to deal with anger well. Read Romans 15:5 and Matthew 15:11. Take some time to pray for one another specifically, asking that the Holy Spirit would work in each of your hearts and minds.

Personal Guide for Week of May 20th

DAY 1: Read Ephesians 4:26-31

DAY 2: Read James 1:19-20

DAY 3: Read Proverbs 15

DAY 4: Read Colossians 3:1-17

DAY 5: Read Psalm 37

IS THIS US?

MESSAGE NOTES AND SMALL GROUP DISCUSSION & PERSONAL GUIDES

“I’M GOING TO COUNT TO FIVE”

MAY 20, 2018

MESSAGE NOTES

So how do we deal with the anger that is in _____ for us as parents?

Anger that is in _____ can create tremendous pain and damage to everyone in a family.

I need to:

1. _____ to My Anger

Note Ephesians 4:25-26

About _____ times in the Old Testament we’re told that God is angry.

_____ got angry.

Anger can mean that you _____.

It’s how we deal with our anger that makes it a _____ or not.

2. _____ My Anger (note Proverbs 19:11a; 14:29)

We experience anger when we feel:

- A. R _____
- B. Undervalued
- C. U _____
- D. Vulnerable
- E. U _____

3. _____ My Anger (note Ephesians 4:26-27)

- Add a “d” to anger = “_____”
- Unresolved anger _____.
- Unexpressed anger turns into bitterness and even _____ and hostility...

4. _____ to Control My Anger

- A. Understand anger’s _____ (note Proverbs 29:22; 14:17a; 11:29)
- B. “In through the nose....”(James 1:19) - The quickest way to cut your own throat is with your own _____ tongue. (Warren) - note Proverbs 29:11
- C. Release anger in a h _____ way (note Ephesians 4:29) - it’s so often in _____ we say something.
 - Be _____
 - Be specific
 - Be _____
 - Be humble (Note Proverbs 13:10a)
 - Don’t c _____
 - Don’t condemn
- D. Lean Into Jesus’ _____ (note Romans 15:5) -...He deals with the _____ causes. Note Matthew 15:11

Is This Us?:

- Perhaps part of the reason we’re struggling with anger is that we expect other people (including our children) to meet needs in our lives...that only _____ can meet.
- Too many people thought getting married and having children would solve their problems and heal the hurts of their past and discovered all it did was _____ their problems...into their marriage and experience of parenting.

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



“I’m Going to County to Five”
[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

So how do we deal with the anger that is inevitable for us as parents?
Anger that is mishandled can create tremendous pain and damage to everyone in a family.

I need to:

1. Own Up to My Anger

Note Ephesians 4:25-26
About 375 times in the Old Testament we’re told that God is angry.

Jesus got angry.
Anger can mean that you care.
It’s how we deal with our anger that makes it a sin or not.

2. Explore My Anger (note Proverbs 19:11a; 14:29)

We experience anger when we feel:

- A. Rejected
- B. Undervalued
- C. Unsupported
- D. Vulnerable
- E. Unsure

3. Deal With My Anger (note Ephesians 4:26-27)

- Add a “d” to anger = “danger”
- Unresolved anger grows.
- Unexpressed anger turns into bitterness and even hate and hostility...

4. Learn to Control My Anger

- A. Understand anger’s price tag (note Proverbs 29:22; 14:17a; 11:29)
- B. “In through the nose...” (James 1:19) – *The quickest way to cut your own throat is with your own sharp tongue.* (Warren) – note Proverbs 29:11
- C. Release anger in a healthy way (note Ephesians 4:29) – it’s so often in how we say something.
 - Be brief
 - Be specific
 - Be clear
 - Be humble (note Proverbs 13:10a)
 - Don’t compare
 - Don’t condemn
- D. Lean Into Jesus’ Power (note Romans 15:5) - ...He deals with the root causes. Note Matthew 15:11

Is This Us?:

- Perhaps part of the reason we're struggling with anger is that we expect other people (including our children) to meet needs in our lives...that only God can meet.
- Too many people thought getting married and having children would solve their problems and heal the hurts of their past and discovered all it did was drag their problems...into their marriage and experience of parenting.

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