1/25/2026 | Anger
Reflect + Discuss

- What is a minor, everyday inconvenience that makes you way more frustrated than it actually should?

- Anger often "simmers" beneath the surface before reaching a tipping point. What are your personal "warning signs" that your anger is starting to move from a simmer to a boil?

- Read Ephesians 4:31-32. Paul tells us to "get rid of" anger rather than just "managing" it. Why is "managing" anger often a dangerous trap? What are the dangers of living with unresolved anger towards others?

- Read Matthew 18:21-27. Jesus uses a laughable, impossible debt (roughly 25 billion dollars today) to make his point. Why is it vital for us to sit with the "impossibility" of our own debt before God before we try to address the debts others owe us?

- Read Matthew 18:28-35. When we choose to hold onto our anger and refuse to forgive, it's as though we become imprisoned by our hurt. Are there ways you've experienced this in your own life?

- Read Proverbs 4:23. Lynne said, *"You can't guard your heart if you are too busy guarding a grudge."* What's the difference between guarding a grudge and guarding your heart? What are tangible steps we can take to guard our hearts against anger towards others?

- Forgiveness is a decision to "cancel a debt." As you think about your life, are there any debts it's time to cancel, or is it time to take the first step towards forgiveness? How can this group be a safe place to support one another in the process of forgiveness? What is one practical way you can "rehearse" God's mercy this week when you feel anger rising?

Pray
Pray that we may grow in understanding how deeply loved we are by God. Pray that our hearts may grow to me content and at peace. Pray that we may come to God with even our uncomfortable emotions like anger. As we continue to reflect on this message, pray that we would be transformed more into the image of Jesus.

Next Steps
Check out the resources page for links to several Bible reading plans and other helpful tools. Explore other opportunities for growth and transformation by checking out courses.