

## **DISCUSSION QUESTIONS**

For the week of February 18, 2024

One of the best things you can do after hearing truths from the Word of God is to talk about them with others. Here are some questions to help get the conversation started. (hint: the first couple of questions are meant to “break the ice” and get people talking)

- What is one of the funniest things you have seen someone do when they were mad?
- What is one thing that easily upsets you...and you know it shouldn't make you that upset?
- Read Ephesians 4:26 and talk about things that it is ok to “be angry” about. Talk about how anger in these instances can be healthy.
- Ephesians 4:26 talks about how anger can lead to sin. Discuss how you have seen anger cause sin, or bring destruction.
- It is easy to say, “Don't be angry,” but it's not so easy to avoid it. How does the truth in Ephesians 4:27 “renew our minds” to face anger in spiritually appropriate ways?
- Talk about how opportunities to be angered can “give place” to the devil, or “give place” to God. See Romans 12:19.
- Talk about what it looks like to “not let the sun go down on your wrath” from Ephesians 4:26.
- We talked about “putting on” emotional stability by digging into our anger to see what is at the heart of it. Talk about 3 situations in which your group may have been angry. Talk through what grief, pain, emotion, unmet expectation, past experience, etc. may have been at the heart of it. (“Emotions are indicators, not dictators.”)
- Take some time to pray together.

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