## GROUP DISCUSSION GUIDE

January 17, 2021

GOODBYE 2020
I'm Not Angry, I'm ...
1 Samuel 19
Pastor Matt Manning
Matt.Manning@crossroadsabc.com



Looking back at your notes from this	<ol> <li>GROUP DISCUSSION</li> <li>Open with prayer. (2-5 min)</li> <li>Share your story How has your anger recently impacted your relationships? What injustice was at the center of the situation? (7-10 min)</li> <li>Discuss these questions with your group. (20-45 min)</li> <li>Read 1 Samuel 19</li> </ol>
	Saul sent messengers to David's house to watch him, that he might kill him in the morning. (1 Samuel 19:11)
	Why do you think Saul's fear eventually turned into anger?
	Describe a situation where this emotional change (from fear to anger) might happen to you. How long would it take?
	Be not quick in your spirit to become angry, for anger lodges in the heart of fools. (Ecclesiastes 7:9)
	How do you usually express your anger? Are you a suppressor? Detonator? More on the passive-aggressive side?
	Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly. (Proverbs 14:29)
	When is anger a healthy emotional response? When does anger become sinful? Where does that line get drawn for you?
	PLAN OF ACTION  If you've been feeling anger lately, what injustice is that emotion signaling for you? What can you legitimately do this week to expose and confront that injustice? If your anger recently "crossed the line," how can you make amends for its unhealthy expression?

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?



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