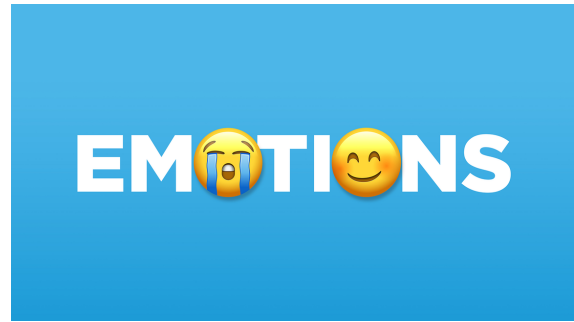


# SMALL GROUP DISCUSSION GUIDE

Emotions - Week 3



## CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

## GROW

- What makes you angry? Are you likely or unlikely to express anger as an emotion? Why?
- Where do you see "misdiagnosed anger" in our world? What effect does that have on us when it's unchecked?
- What would it look like to figure out what's going on inside you before supercharging your anger and lashing out? What is your indicator light telling you about what needs to be healed?
- How could you see anger as a gift?

## BIBLE

Read Ephesians 4:26-27, Matthew 4:43-44 and Matthew 21:12-17.  
What speaks to you, and why?

## PRAY

Graceful God, we thank you for the deep dwelling of emotions you have given to us. For these indicators of our well-being and for the well-being of others. Help us to embrace our feelings and love others. Amen.

