



I'M GOING IN

SPRING CLEANING: A FOUR-PART SERIES



STUDY GUIDE

PART THREE: ANGER REMOVAL



TRIBAL MOMENT (5 Minutes)

Open up by welcoming the group and asking each person to take a turn responding to the following prompt:

PROMPT: What is something, or who is someone, that makes you angry?

****Leader Note: If someone struggles to come up with an answer, you may ask them to first think about a pet peeve that typically triggers an angry response. If someone comes up with many answers, you may encourage them to narrow it down to one thing.****

DISCUSS & REFLECT (10 Minutes)

Have someone take 2-3 minutes to summarize the message and discuss it. Ask each person to take a turn responding to the following prompts:

PROMPT: Think about a situation that has recently made you angry.

1. What am I angry about?
2. Why has this made me angry?
3. Is this worthy of my anger?
4. How can I express my anger in a way that does not place me at fault?

****Leader Note: Be sensitive to the Holy Spirit with regard to time. If someone opens up, don't feel pressured to rush them. It's sometimes difficult for people to open up, let's celebrate and encourage them when they do.****

DEEP DIVE (10 Minutes)

Ask everyone to follow along in their Bible or Bible app.

READ: Prov. 17:14 and Ecclesiastes 7:9

Is this WORTHY of my anger? So I need to come to that conclusion and "drop the matter" to prevent an argument or a dispute.

Identify and recognize anger as potentially harmful to myself and others.

APPLY IT (5 Minutes)

Close by sharing one takeaway from this message that you plan to apply to your life this week. Ask each person to take a turn responding to the following prompt:

This week I will identify and control what makes me angry by: