

## Growth Group Discussion Guide

### Spring

#### Week 2

We use these times to *grow spiritually and to deepen our relationships*.

If you still need to discuss some group logistics, like planning your fun activity and your service project, or deciding who to call or text if you're not able to make a meeting, take a few minutes to do so this week.

#### Taming the Beast

We all experience anger, and it's not all pretty. But the key is for us to learn and to grow and support each other as we try to reflect God.

Has an anger encounter been on your heart lately that you would like to share with the group? Remember, our goal is to have a safe and confidential place to be honest and real.

#### Reflection and Discussion

1. Read Psalm 7:10-11 NASB. "My shield is with God, who saves the upright in heart. God is a righteous judge, and a God who has indignation every day."
2. Read James 1:19-20 NIV. "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

1. When have you experienced that anger achieves good? When have you experienced that anger achieves evil?

2. What did you learn can be the difference between human anger and God's anger? Was that different from your childhood perception of God's anger?

3. Read Jonah chapter 4. How do you see the contrast between human anger and God's anger play out in Jonah chapter 4? Hint: examine motives and end goal.

4. How do you use YOUR anger? If mastering anger had mastery belts like in the martial art Aikido, share where you think you are at in mastering your anger —  
6th kyu – white (beginner)  
5th kyu – yellow  
4th kyu – orange  
3rd kyu – blue  
2nd kyu – brown  
1st dan – black (mastery)

5. Writing a letter about your use of anger to yourself is one of the best things that you can do. Write it to yourself, and include in it examples of how you have been using and expressing your anger (good or bad), specific areas you want to grow in mastering your anger, and where you want to see your mastery level by the end of 2017.

## **Family Reminders**

### **Discover Class**

Come join us Sundays at 10 am for this informal class on 8 consecutive Sundays where we learn about how our stories fit into God's Story. Questions and discussion are welcomed. See the Welcome Center to learn more or to sign up.

### **Growth Groups**

Growth Groups are in session—these are our way of connecting to one another at the small group level. To find out more about our growth groups, please visit the Welcome Center at the back of the auditorium.

### **Teacher and Coaches Appreciation Day and Super Fun Sunday—May 21st**

### **Contribution Update**

Weekly Budget: \$10,000  
10-week Average: \$9,327  
Growth Goal: \$11,000  
Avg # Givers Weekly: 63