

May 21st, 2017
Message Notes

Growth Group Discussion Guide

Spring | Week 5

Use this time as a group to *grow spiritually and to deepen your relationships*.

Recap

The Somatizer and Self-Punisher

Some of us, when we experience anger, feel trapped in the situation and don't know how to process it and express it.

When we fail to effectively process anger, some of us resort to targeting ourselves to cope.

Enter the Somatizer and the Self-Punisher. Whereas Exploders and Underhanders express their anger in a destructive way OUTWARDLY, Somatizers and Self-Punishers express their anger in a destructive way INWARDLY.

They target themselves. The problem is, neither Somatizers or Self-Punishers will ever be able to process their anger effectively this way, and they will end up suffering physically or emotionally.

Reflection and Discussion

1. **Discuss the Somatizer and Self-Punisher anger style**, and if you have seen or experienced either of these anger styles in your life.
2. **When we don't process anger properly, it leads to destructive anger expressions**, which many of us learn from seeing the influencers around us. Share with people what you think your primary anger style is.

3. Some of us have more than one destructive anger expression, and we may switch based on the situation. Discuss if your anger expressions at home/church/work/school are consistent.

4. Read Ephesians 4:22-27, and pray through it as a group.

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold."

5. Using Ephesians 4:26 as a reference, discuss what you think Paul is commanding you to do when he says, "Do not let the sun go down while you are still angry." How can you apply this command to your own life?

6. Using Ephesians 4:27 as a reference, discuss the ways you have seen that burying your anger has given Satan a foothold in either your life or the people around you. How could the situation have been handled more godly?

Family Reminders

TODAY

Teacher and Coaches Appreciation Day and Super Fun Sunday

Hang out with us after church on the lawn for a great time. There will be food, treats, fun, and games galore!

New 10 am Sunday Morning Bible Classes

starting June 4th

Men-Warriors (Auditorium)

Women-Guiding Friends and Connecting (Annex)

Contribution Update

Weekly Budget: \$10,000

10-week Average: \$9,751

Growth Goal: \$11,000

Avg # Givers Weekly: 63

Special Offering

Please pray and consider what you would like to give in 2017. Goal cards can be turned in using red offering envelopes at any time, and you can find extra goal cards at the Welcome Center if you need one. We'll start updating with how we're doing starting next week.