

May 28th, 2017  
Message Notes

# Growth Group Discussion Guide

## Spring | Week 6

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

### Recap

#### *The Exploder*

When an exploder gets angry, you know it. They make their anger known to all around them.

Exploders get results, and this is why they are tricked into thinking their anger expression is effective. Although in the short-term it might get them their way, in the long-term it is extremely destructive in their lives and for in the lives of those around them.

Explosive anger often ends up with aggression. Note that aggression is always wrong, never accomplishes the purpose of anger, and is always destructive in nature.

### Reflection and Discussion

1. Winston Churchill said, "A man is about as big as the things that make him angry." Jonathan added, "A person is about as mature as how he or she can constructively express their anger." *Do you agree or disagree, and why? What gets you really angry?*
2. Are you an exploder? Do you know exploders? *Share what you've experienced with this anger style, and the results you've seen.*

### 3. Read the following:

Proverbs 29:11 (NASB) says, "A fool always loses his temper, but a wise man holds it back.".. Proverbs 29:22 (NIV) says, "An angry person stirs up conflict, and a hot-tempered person commits many sins."

*How do you see that exploders commit "stir up conflict" and "commit many sins"?*

**4. Read Mark 3:1-5.** Discuss what made Jesus' anger constructive.

**5.** If you have seen most or all of the Taming the Beast series, in what ways might you understand anger better, and God's intent for anger?

**6.** Take a moment of honest reflection. Self-evaluating, how masterfully would you say you are 'taming your beast' in your various environments?

### In Conclusion

Mastery is not a linear process.

In mastering your anger, you will sometimes surge forward in taming the beast, and sometimes take steps back, but you can do it, so be resilient and keep going.

Focus on working on the 3-Step Process you learned over the next 2 weeks.

- #1. Master awareness.
- #2. Slooooooow it down and discover the root.
- #3. Create a constructive plan.

## **Family Reminders**

### **New 10 am Sunday Morning Bible Classes**

starting next Sunday, June 4th

**Men**-Warriors (Auditorium)

**Women**-Multiple Topics (Annex)

### **New Sermon Series: Who then is this?**

**starting next Sunday**

A study of Jesus in the book of Mark

### **Contribution Update**

Weekly Budget: \$10,000

10-week Average: \$9,229

Growth Goal: \$11,000

### **Special Offering Update**

Church Target: \$80,000

Total Talent Goals Submitted to Date: \$36,550

Total Given to Date: \$5,909

Please pray and consider what you would like to give in 2017. Goal cards AND special offering \$ 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 keep you updated on progress.