



Heart Attack “Anger and Contempt” – Jim Burgen October 13-14, 2018

Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

Bible References: Matthew 5:21-22 and Ephesians 4:26

Community:

1. Would you say anger is an issue for you or not?
2. What’s the angriest you’ve ever been, and at what or whom were you angry?

Core:

1. **Read Matthew 5:21-22 and Ephesians 4:26.** What do you think anger (in a sinful way) looks like? How can we be angry in a way that Jesus is teaching?
2. Jim said, “Anger is to the heart (when it feels attacked) is what pain is to your hand when you touch a hot stove.” How do you normally deal with anger when someone hurts you versus how you deal with anger when someone you care about is hurt?
3. “Non-forgiveness is a choice to keep a wound open and festering.” Can you share one example of growing, held-onto anger in your life? How has that affected the most important relationships in your life? What would it take to resolve it?

Challenge:

Take the time this week to work through these questions Jim left us with:

- What is one example of growing, held-onto anger in your life?
- Has there been a time when you were the target or victim of someone else’s anger? What do you wish that you could say to the person who took out their anger on you?
- Is there a situation or person (or group of “people like that”) that, if you were to see and value them in the same way that God sees and values them, it would make a difference in the way you treated them?