



Home Teams

DISCUSSION GUIDE



DETOX

March 30 & 31, 2019

Detox: Week 4

Anger

BIG IDEA: Get rid of things that hold you back.

SCRIPTURE: Jonah 4

OPENING QUESTIONS

1. Share a habit, action, or situation that can trigger anger in you.
2. What habit in others irritates you?

IN THE WORD

1. What do you think the core issue is with Jonah's anger in [Jonah 4:1-3](#)?
2. Is Jonah's reaction in [Jonah 4:3](#) just a cry for help or do you think he is really so angry he wants to die?
3. In [Jonah 4:4-9](#), we see Jonah unable to understand God's reasoning with him and also missing a visual illustration of God's point. Explain how God's gentleness in dealing with Jonah is further teaching of His patience with rebellion.
4. Why do you think God is so gentle with Jonah and his anger in [Jonah 4](#)?
5. What can we learn about God from His final point in [Jonah 4:10-11](#)?

MAKING IT PERSONAL

1. Have you ever been so angry that you just wanted to die? How did you move past that?
2. Does it make sense that Jonah thought having a temper tantrum over God's compassion on the Ninevites would cause God to change His mind and wipe them out? Have you ever done something like that?
3. Is there a person in your life that you rejoice when they fail? Or someone whose name starts to raise your anger or resentment temperature?
4. What can you do to safely soften deep-seated anger or resentment in your heart?
5. How can God's compassion on both Jonah and Nineveh help you deal with seemingly unfair circumstances or people in your life?

CONTINUED LEARNING

How can Jesus' compassion on His disciples in [John 17](#) help us care more about lost people than our own comfort, thoughts, or perspectives?

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Notes & Prayers



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