



- Mr. Rogers was known for dishing out great advice about life. What is some of the best advice you were given growing up and who shared this advice with you?

**Read Matthew 5:38-42.**

- Do you have any objections to the course of action Jesus outlines in verses 39-42? Why or why not?

**Read Ephesians 4:26-5:2.**

- Why is it important to deal with your anger before the sun goes down? What happens when you don't deal with anger?
- Respond to the following quote: "When you refuse to forgive, you are giving the person who walloped you once the privilege of hurting you all over again—in your memory."
- Describe a time when you have forgiven someone. How did this make you feel? What changed in you as a result of forgiveness?
- Discuss some obstacles that prevent people from forgiving each other.

**Re-read Ephesians 4:31-5:2.**

- How is forgiveness the key to getting rid of anger?
- How does it change your perspective when you focus on how God has forgiven you?
- Who is one person you need to forgive—not necessarily for his or her benefit but for your future? What can you do this week to take a step toward forgiving? How can this group support you?