

Summer Traditions Living Carefree

TALK IT OVER

Key Scripture

"Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly." Proverbs 14:29 (ESV)

"A fool gives full vent to his spirit, but a wise man quietly holds it back." Pr. 29:11 (ESV)

"²¹ You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' ²² But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. ²³ So if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. ²⁵ Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. ²⁶ Truly, I say to you, you will never get out until you have paid the last penny." Matthew 5:21-26 (ESV)

"and forgive us our debts, as we also have forgiven our debtors." Matthew 6:12 (ESV)

"²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil." Eph. 4:26-27 (ESV)

"¹¹ Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹² I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need." Philippians 4:11-12 (ESV)

"⁶ But godliness with contentment is great gain..." 1 Timothy 6:6 (ESV)

"¹⁹ Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God. Ja. 1:19-20

"What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?" James 4:1 (ESV)

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Start Talking. Find a conversation starter for your group.

- Why do you think we often assume the worst in people?
- On a scale of 1 – 10, how quick-tempered are you?
- On a scale of 1 – 10, how content are you?

Head: Start Thinking. Ask a question to get your group thinking.

- Read Matthew 18:21-35. If you were to speculate, why do you think the unmerciful servant pursues his debtor and chokes him?
- Read John 2:13-17. Is this a side of Jesus that surprises you?
- Read Col. 3:1-14. What does it mean to 'put on' the new self?

Heart: Start Sharing. Choose a question to create openness.

- Are you most likely to get angry over politics, work, family, or something else?
- H.A.L.T. reminds us to slow our roll when we're "Hungry, Angry, Lonely, or Tired." Can you remember a time when you lashed out or sent 'that email' when you should have H.A.L.T.ed?
- Is it possible to be maturing as a disciple of Jesus but stay angry?
- Can you remember a time when you had righteous anger?

Hands: Start Doing. Commit to a step and live it out this week.

- Media making you angry? Limit your time on that media.
- Write down / memorize H.A.L.T.
- Try the Emotional Jug: "What am I: Mad / Sad / Scared / Glad about?"
- Write down the name of someone you've been angry with, and pray for them every day this week.

Start Praying. Be bold and pray with power.

- *Lord, unrighteous anger is fear / hurt / stress / judgment / self deception - turned outward. Grow my understanding of your grace and mercy that I might have joy and peace from which to establish a life of contentment. Amen.*

Trios: Split into same-gender groups of three for 15 minutes:

1. What was a memorable passage from your Life Journal (or other Bible reading plan) reading this past week?
2. What's something you'd like someone else to check in with you about this week?
3. What good can we do around here (are there any community needs God is calling us to meet)?
4. Pray for one another.