



FROM THE BIBLE
Numbers 20:9-11 (NLT)
Ephesians 4:26-27 (The Message)
Numbers 20:12 (NLT)

MESSAGE TO CONVERSATION GUIDE

Week 1 | Anger

1. Did you watch the Super Bowl on Sunday? If so, what was your favorite part - the game, the commercials, or the food? If you didn't watch it, what did you do instead?
2. This series is called *All The Feels* which is a phrase that became popular in 2010 & is slang for *an overwhelming feeling of emotion*. Give some examples by completing this sentence : *I got all the feels when _____*.
3. In this message, Joel started out by telling a story about how he got angry (all the feels) after taking his kids into a furniture store recently. What 1 thing that can make you angry in a hurry?
4. Read Numbers 20:9-11. After reading this on Sunday, Joel said *Moses lost his chill in that moment*. What do you see in Moses' actions that shows us he was angry?
5. In the above story, Moses anger was on display in front of all the people he was leading. & because of his anger, God wouldn't allow Moses to lead the people into Israel because he had lost his credibility with his public outburst. How can we lose *and gain* credibility when responding to our emotions in front of people?
6. In this message, we looked at 2 myths about anger. The 1st myth was that *anger is automatic*. The truth is, anger is built up, 1 event at a time & if we continue to focus on those events, eventually we'll have an outburst. For instance, before Moses' outburst, his sister Miriam died and he was being criticized. What are some strategies you use to avoid an anger outburst when the pressure is building?
7. In this message, we said, *it's not what happened to you that causes you to be angry, it's how you think about what happened to you that causes you to be angry*. What do you think that means?
8. Another myth about anger is that *anger is always bad*. Read Ephesians 4:26-27 (Message Version). Give some examples when anger can be good because it motivates us to make good changes.
9. Read Numbers 20:12. What did Moses lose because anger took over? What can you gain by *not* letting unhealthy anger take over?