Closing the Gap: Moving from Anger to Sadness

Mark 3:1-6, Psalm 37:1-8

Understanding | *Learning more about Jesus*

- In *Mark 3:5*, Jesus responds to the religious leaders with both anger and grief. What stands out to you about His response? What does it reveal about His character?
- Why do you think Jesus was grieved by the very people who were opposing Him?
- What's the difference between being disappointed in someone and being sad for someone?
    - How does that distinction help us understand the heart of Jesus?
- How does Jesus' response challenge the way we typically think about spiritual maturity?

Applying | *Growing to respond more like Jesus*

- When someone hurts, frustrates, or disappoints you, what's your natural response?
    - Why do you think anger is sometimes easier than grief or compassion?
- Think about a relationship where you've experienced hurt or frustration. What might change if you could see that person through the eyes of Jesus?
- *Psalm 37* encourages us not to worry, but to trust and commit our ways to the Lord. What does that look like practically when we're struggling with resentment or unresolved hurt?
- What's one step you could take this week to close the gap between your natural response and the heart of Jesus?

Praying | *Asking God for help*

Pray that God would help us acknowledge our hurts honestly, surrender our anger to Him, and develop the compassion of Jesus toward others.