



CENTER
GROVE
CHURCH

Anger and Its Impact on Community Ephesians 4:25-32

DISCUSSION GUIDE:

1. What jumps out at you from the text in Ephesians 4:25-32?
2. How does anger create a gap between what we *know* and what we *do*?
3. Why is it so important to speak the truth with each other? What does this look like?
4. What is the difference between **ruminating** on your anger and **reflecting** on your anger?
5. Paul lays out two alternative paths for our heart, hands, and mouth: the way of the devil vs the way of Jesus. How are these two ways different? In what ways are we tempted to look more like the Devil than like Jesus?
6. What are some ways we can choose **life** with our heart, hands, and mouth?

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