



DASHBOARD

Community Group Discussion: 06.09 - 07.07

SERIES OVERVIEW

Every dashboard on every car has a way of letting the driver know if something is wrong. Our hearts operate in a similar fashion and all too often we don't pay attention to the gauges and dials in our lives that alert us to danger ahead. In this series we will look at some simple ways we can maximize and take good care of the life we've been given.

MAIN TEXT

Ephesians 4:25-27, 4:31-32

Matthew 5:21-25

Proverbs 4:23

Proverbs 29:11

GETTING STARTED

All of us have pet peeves. Little things that set us off or get us triggered. What is it for you? Being stuck in traffic, waiting on late people, telemarketers, or something else?

DIGGING DEEPER

1. The bible shows us that some ways we express anger include outbursts, revenge and the silent treatment. How do you tend to handle anger?
2. Sometimes feelings of disappointment precede the emotion of anger. How are those two connected? Think back to the things that make you angry—can you identify the root of disappointment?
3. Read Matthew 5:21-25. Jesus knows the human heart better than anyone else and He advises us to “settle matters quickly”. How can staying angry be detrimental to our hearts?

4. Read Ephesians 4:25-27. How do you know the difference between anger that is healthy and anger that precedes bitterness?
5. In what ways have you seen anger lead people (including yourself) to sin? What kinds of sin come from being angry? (i.e. gossip, violence, lying, etc.)
6. Share your thoughts on how we were encouraged to respond to our anger.
 - A. Restrain your anger
 - B. Reveal the source of your anger
 - C. Reflect before you react
 - D. Guard your heart
 - E. Release your desire to retaliate
7. Forgiveness is not just a one-and-done kind of experience. It's like taking out the trash—it's a weekly exercise. Have you experienced that in your life? What is God teaching us through the process of forgiveness?

NEXT STEPS

Read Ephesians 4:31. This week let's try and be more like God, forgiving others in the same way we've been forgiven by God. Check in with others in your group this week to ask how they're doing with this.

Pray as a group. Thank God for His Holy Spirit, who helps reveal these things in our hearts. Ask Him to give us the courage and capacity to begin the process of extending forgiveness.

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