

# Life Group STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

**NOTE to the Life Group Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

### OPEN IN PRAYER

### STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

### MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

### FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

### CLOSE IN PRAYER

PRESS ON  
“Getting Past Anger Toward Others”

*“Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”*

Philippians 3:13-14 (NIV)

“But there is something that I must say to my people, who stand on the warm threshold which leads into the palace of justice: In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force.”

-“I Have a Dream”, Dr. Martin Luther King, Jr.

A description of Nabal from 1 Samuel 25:

- Vs. 3: *“...was surly and mean in his dealings.”*
- Vs. 17: *“...no one can talk to him.”*
- Vs. 25: *“...pay no attention to that wicked man Nabal.”*

How do we learn to press on past anger and hatred?

1. Stop and count the cost.

*“You will not have to feel regret or remorse, sir, for having killed without cause or for having taken your own revenge.”*

1 Samuel 25:31 (GNT)

Cost of Anger:

- Feeling regret
- Losing respect
- Damaging a relationship
- Ruining your health
- Welcoming the devil into your life

*“Don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.”*

Eph. 4:26, 27 (NLT)

2. Be intentional about how you feed your mind and who you listen to.

*“As she came riding her donkey into a mountain ravine, there were David and his men descending toward her, and she met them. David had just said, “It’s been useless--all my watching over this fellow’s property in the desert so that nothing of his was missing. He has paid me back evil for good.”* 1 Samuel 25:20, 21 (NIV)

*“Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.”* James 1:19-20 (NIV)

*“Then David told her, “Return home in peace. I have heard what you said.”* 1 Sam. 25:35 (NIV)

3. Learn to base your identity on the Lord.

“When we become primarily identified with any tribe outside the body of Christ, especially when we are identified to the point where others are repelled by us, we’ve traded our Kingdom-based identity for a world-based identity. It’s burning a bridge. It’s building a wall.”

— Christians in the Age of Outrage, by Ed Stetzer

Abigail reminds David over and over again to whom he belongs...

Vs. 26: “...the LORD has kept you from bloodshed”

Vs. 28: “...the LORD will certainly make a lasting dynasty for you”

Vs. 28: “You fight the LORD’s battles.”

Vs. 29: “...the LORD your God

Vs. 31: “...the LORD has brought my master success.”

Vs. 32: “David said to Abigail, “Praise be to the LORD... who has sent you today.”

*“In a word, what I’m saying is, Grow up. You’re kingdom subjects. Now live like it. Live out your God-created identity. Live generously and graciously toward others, the way God lives toward you.”* Matthew 5:48 (MSG)

Practical suggestions for loving our enemies:

- Pray for them (Matt. 5:44).
- Do good to them (Matt. 5:41...)