

# 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 God"

*"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)

*"When God saw what they did and how they turned from their evil ways, he had compassion and did not bring upon them the destruction he had threatened. But Jonah was greatly displeased and became angry."*

Jonah 3:10-4:1 (NIV)

Symptoms of Anger:

- Discouragement and Depression

*"Jonah prayed to the LORD..., "Now, O LORD, take away my life, for it is better for me to die than to live."*

Jonah 4:2-3 (NIV)

- Isolation
- Obsession

*"Jonah went out and sat down at a place east of the city. There he made himself a shelter, sat in its shade and waited to see what would happen to the city."*

Jonah 4:5 (NIV)

- Fixation

*"But God said to Jonah, "Do you have a right to be angry about the vine?" "I do," he said. "I am angry enough to die."*

Jonah 4:9 (NIV)

How to "Press On" past anger:

1. Own it

*"But you are merciful and gentle, Lord, slow in getting angry, full of constant loving-kindness."*

Ps 86:15 (TLB)

2. Direct it in a healthy direction

Ways To Express Anger:

- Aggressive Anger
- Passive Anger
- Passive-Aggressive Anger
- Assertive anger

Anybody can become angry; that is easy; but to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way... that is not within everybody's power and is not easy. -Aristotle

### 3. Move on

*"But the LORD said, "You have been concerned about this vine..." But Nineveh has more than a hundred and twenty thousand people who cannot tell their right hand from their left, and many cattle as well. Should I not be concerned about that great city?"*  
Jonah 4:9-10 (NIV)

- Realize your ways and thoughts are not like Gods

*"My thoughts are completely different from yours," says the LORD. "And my ways are far beyond anything you could imagine."*  
Isa 55:8 (NLT)

- Come to peace with the fact that you may never have all the answers...

*"Then the LORD said to Job, "Do you still want to argue with the Almighty? You are God's critic, but do you have the answers?"*  
Job 40:1-2 (NLT)

*"Now all that I know is hazy and blurred, but then I will see everything clearly, just as clearly as God sees into my heart right now."*  
1 Cor 13:12 (TLB)

- Learn to experience God's goodness over time

*"Taste and see that the LORD is good. Oh, the joys of those who trust in him!"*  
Ps 34:8 (NLT)