



LIFEgroup 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 LIFEgroup 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

RELATIONSHIP GOALS

“Dealing with Angry People”

WHAT IS CHRONIC LARYNGITIS?

Chronic Laryngitis is where your larynx (voice box) becomes inflamed due to irritation, overuse or infection. It produces voice changes and lingering hoarseness. It is typically painless.

TREATMENT OF CHRONIC LARYNGITIS

- Medication to limit acid reflux
- Dietary changes like avoiding fried, spicy or fatty foods.
- If you use your voice excessively for a living (i.e. public speaking, singer), you should take frequent breaks.

How do you Deal with Angry People?

1. Recognize the different types of anger

- Hand Grenade Anger

“People with hot tempers do foolish things.”

Proverbs 14:17 (GN)

- Crock Pot Anger

“If you are angry, don't sin by nursing your grudge.”

Ephesians 4:25-26 (TLB)

- Pity Party Anger

“The older brother stomped off in an angry sulk and refused to join in. His father came out and tried to talk to him, but he wouldn't listen.”

Luke 15:28 (MSG)

- Get Even Anger

The Religious Leaders “...were beside themselves with anger, and started plotting how they might get even with him.”

Luke 6:11 (MSG)

2. Create healthy boundaries

3. De-escalate the situation.

“A gentle answer will calm a person's anger, but an unkind answer will cause more anger.”

Proverbs 15:1 (NCV)

4. Remember who you belong to

Abigail reminds David over and over again to whom he belongs (1 Samuel 25)

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."*

5. Leave the "Pay Back" to God

"Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord." Romans 12:19 (NLT)

So when I fight, I'll fight on my knees
With my hands lifted high
Oh God, the battle belongs to You
And every fear I lay at Your feet
I'll sing through the night
Oh God, the battle belongs to You
And if You are for me, who can be against me? Yeah
For Jesus, there's nothing impossible for You

So my weapons are praise and thanksgiving
This is how I fight my battles
And I believe You've overcome
And I will lift my song of praise for what You've done
This is how I fight my battles

6. Pray for the Fruit of the Spirit

"The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." Galatians 5:22-24 (NLT)

Fruit of the Spirit:

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self-Control