



PRAYER: Gracious God, we come to you with souls in disrepair. The experiences that we've had have taken their toll on us and we bear the marks within us. We smile on the outside while we struggle on the inside. Now we come to you, transparent and candid, asking you to revive our hope and cause us to look forward again. Repair our broken spirit, in the name of Jesus, we pray. Amen.

ICEBREAKER: Recall something that made you angry? How did you respond? How did you resolve it or did you?

INTRODUCTION: Anger takes on many forms: there's the silent treatment, the death stare, the yell-until-you're-red-in-the-face. Sometimes anger is even justified. But how you express it and where you direct it can save you from moments you'll later regret. God has an antidote for our anger.

SCRIPTURE: Read Proverbs 14:29

DISCUSSION:

1. What stood out in today's message? Has your experience during this pandemic made you angry? About what did you get angry? What makes you angry right now? Out of these anger levels, which level do you often fall into—annoyance, frustration, hostility, enraged?
2. How would you describe your response to anger? Are you an eruptor or a stuffer? According to scripture, at what point does being angry turn into sin? What can we do according to Pastor Watson to make anger our ally rather than our adversary?
3. In John 2:13-22, Jesus is angry at how the temple has been turned into a market. This is called righteous anger. What unholy, unrighteous things make you angry? How can you use that type of anger to make a difference?
4. How tame is your temper? Are you able to consider the results of your anger when you feel angry? How well do you think before acting when you're upset? What are ways that you can replenish and fill up your tank this week?
5. Read Romans 5:8. How do understanding God's love and forgiveness help us find freedom? Are you withholding forgiveness from anyone in your life? How can you return that bitterness/anger to God?

CHALLENGE: Pray about what you need to work on to grow in your capacity to tame your temper. Let God help you.

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



Welcome!

SERIES: SOUL REPAIR

Today's Message: An Antidote for Anger

Dr. Lance D. Watson, Senior Pastor

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SERVE: Pray over Proverbs and Proverbs 14:29 and 16:32 this week. **Praise** God for giving you the power to transform your anger into positive and redemptive action. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams (Vernita.Williams@myspbc.org)
- SMB (11-19): Martina Jones-Smith (SMB: Martina.Jones-Smith@myspbc.org)
- Dreamchasers (20-29): Curtis Ballard (curtis.ballardjr@myspbc.org)
- Aspire (30-39): Lance Watson, Jr. (lance.watsonjr@myspbc.org)
- Fusion (40-49): Michelle Townsend (michelle.townsend@myspbc.org)
- Encore (50-59): Jamie Duncan (Jamie.Duncan@myspbc.org)
- Prime Time (60-69): Maceo Freeman (maceo.freeman@myspbc.org)
- Refiners (70+): Wallace Simms (Wallace.Simms@myspbc.org)

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.

Previous GPS Guides are available online at www.myspbc.org.