

Series: "Triggered"
Sunday Message: "Why Are We Impatient and Irritated?"
October 30, 2022 - Kitt Guerrier

Icebreaker:

When you were a kid, and you didn't get your way, how did you usually express your impatience and irritation?

Sermon in a Sentence: Combat impatience and irritation by submitting to God's better plan.

General Discussion [Groups of 4]:

Our impatient and irritating behaviors reveal our desire to be in control, which come from pride. Our pride blinds us to God's better plan for us and the world He loves so much.

Read Jonah 1:1-3 and Acts 9:10-19

1. Jonah chooses to go in the opposite direction of where God called him to go. Compare Jonah's response of running from God to Ananias and his willingness to obey God. What experience of God's goodness do you have that enables you to trust Him?

Read Jonah 2:1-2 and Psalm 18:6 and 120:1

2. Jonah cried out to the Lord in his great trouble. Who do you cry out to when you are in great trouble? What does Scripture teach us about reaching out to God in our time of trouble?

Read Jonah 3:1-4

3. God gives Jonah a second chance to preach the message to the great city of Nineveh. Does everyone get a second chance? Why? Share a time when God gave you a second chance.

Gospel-Centered Discussion:

4. How are you just like Jonah and the Ninevites? How does the entire story of Jonah reveal that salvation comes from the Lord?

Application Discussion.

When we replace lies with the truth of God, we will see things differently, thus affecting how we think, which will impact how we feel, and influence how we act. Here are ten truths that describe the heart of God toward you (Borrowed from Mike Langlois' Teen Night teaching):

- He is for you (Romans 8:31).
- He is with you (Matthew 28:20).
- He is committed to you (Philippians 1:6).
- He forgives you (1 John 2:12).
- He is good to you (Psalm 116:5).
- He is jealous for you (Exodus 34:14)
- He satisfies you (John 6:35).
- He knows you (Psalm 139:1).
- He accepts you (Romans 15:7).
- He loves you unconditionally (Romans 8:38-39).

5. Which of these truths gets you most excited about God? Why?

6. Which one is the hardest for you to believe? Why?

Please pray for the person on your right and ask God to help them with their answer to question #6.