

Series: Own Your Past, Change Your Future
Message #1: How Do I Let Go of Anger?
Speaker: Spencer

Icebreaker: Have you ever had your anger come out "sideways"?
Share an example.

The "sticky single sentence summary" or "sermon in a sentence:" Before your anger goes sideways, take it straight to the Lord.

General Discussion: Read Numbers 20:1-12 [Groups of 4]

1. How does the Israelites anger towards Moses reflect their faith in God?
2. Compare Moses reaction vs. God's reaction to their complaints. What can we learn from this?
3. Why do you think Moses disobeyed God's instructions?
4. How does this passage demonstrate God's patience and faithfulness?
5. Share an example from your life of God's patience and faithfulness toward you.

Gospel-Centered Discussion:

Read 1 Corinthians 10:1-4, John 7:37-39

1. How does the symbol of the Rock help us to understand Jesus.
2. How have you experienced the living water Jesus offers us?

Application Prayer:

How will this message and/or discussion change your thoughts and actions related to your anger?

Pray for one another based on their answer above.