

Table Group Discussion Guide

Series: The Spacious Life | Title: "Our Anger" | September 27, 2026

*Please respect each other by keeping confidential what someone else has shared during the group time. This helps to keep the environment a safe place to show our wounds and find healing.

Looking Back (5-10 minutes)

Last week practice was two questions to ask yourself before walking into wherever you were going: *What's good here that I can preserve? (Salt)* and *What of God is missing that I can show? (Light)*.

In **Galatians 5:22–23** Paul lists what the Spirit grows in a person: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control**. Last week we were practicing **goodness**. Not producing it — practicing it. And asking the Spirit to grow it.

- Did you try it? And did you notice **goodness** showing up anywhere — in what you **did**, or just in what you started **seeing**?

Getting Started (15 minutes)

1. What's your most ridiculous anger trigger — the small thing that gets a bigger reaction out of you than it deserves? Traffic, a certain noise, a particular phrase somebody says. No judgment, we've all got one.

Now the serious version of the same question. Anger isn't random — it shows up when something you care about is being blocked, ruined, or taken. Which means anger is information. It tells you what you love.

2. Quick round, one answer each, no cross-talk. Think of something you've been genuinely angry about lately — then work backwards. What does that anger tell you that you actually love?

Getting Into the Word (25 minutes)

Scripture: **Matthew 5:21–26, Galatians 5:19–23**

Read **Matthew 5:21–22**.

The Greek definition says it isn't about *feeling* angry — it's about **keeping** it. Nursing a grudge. Watering the seed. *Anger isn't the sin; what it turns into if you hold onto it is.*

3. Is there something you've been carrying — not a flash of anger, but something you've kept and fed? You don't have to give details. Just say whether there's something, and roughly how long you've had it.

Now read **Galatians 5:19–23**. Paul's first list is basically Sunday's sermon: *hostility, quarreling, rage, selfish ambition, divisions, factions*. And here's the test Jeff gave from the life of Jesus — Jesus got angry when someone else was exploited, and once he got angry and then healed a man. So: *is my anger producing healing in anybody's life?*

4. Run something you're currently angry about through that test. Is it about you being hurt, or someone else being harmed? And which of Paul's two lists is it feeding?

Going Deeper with Each Other (25 minutes) *If your group has more than eight people, split into circles of three or four for these questions and come back together to pray.

Contempt is the single strongest predictor of a marriage ending — not anger, contempt. Sarcasm, mockery, eye-rolling, and underneath it all, a sense of being morally above someone.

5. Who do you look down on? Not who you disagree with — who do you feel above? And what are you watching, scrolling, or listening to that keeps that feeling warm?

Jesus doesn't say "if you're offended." He says "*if you remember that your brother or sister has something against you.*" Leave the gift. Go first.

6. Is there someone who might have something against *you*? Something you said, something you didn't say, something you've been hoping they forgot. What would "go first" actually look like this week?

Pray for Each Other (10 minutes) *Before you start: some of us have been following Jesus for a long time, some are newer at it, and some are still figuring out what they believe. All of that is welcome at this table. Nobody has to pray out loud, and nobody has to agree with something they haven't decided on yet.

Come back together as a whole group. Make a fist. Hold it. Then pray this together, out loud:

"God, I'm really angry about _____. It was wrong. It is wrong. But I don't want anger to control me. I don't want it to boil over into contempt."

Now open your hands:

"Jesus, I give you my anger. I trust you with this situation and this person. I leave it with you. Help me by your Spirit to move toward reconciliation."

Sit in the quiet for a minute before anyone talks. Then close by praying for whatever came up tonight.

One Thing to Carry into the Week

This week we're practicing **self-control** and **gentleness**. (Galatians 5:23)

When you feel the anger rising — the comment you're about to leave, the thing you're about to say, the story you're about to replay for the tenth time — stop and ask one question:

Is this anger producing healing in anybody's life?

If the answer's no, you already know what it's become.

And remember what this is and isn't. You're not manufacturing self-control by gritting your teeth. Paul calls it fruit — it's grown, not produced. The pause is just where you make room for the Spirit to do it. Come back next week and tell someone what you noticed.