

## The Good Life

### Anger and Conflict

# TALK IT OVER

#### Key Scripture

*"A man of quick temper acts foolishly, and a man of evil devices is hated." Proverbs 14:17 (ESV)*

*"Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly." Proverbs 14:29 (ESV)*

*"The sacrifice of the wicked is an abomination to the Lord, but the prayer of the upright is acceptable to him." Proverbs 15:8 (ESV)*

*"Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city." Proverbs 16:32 (ESV)*

*"Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding." Proverbs 17:27 (ESV)*

*"Good sense makes one slow to anger, and it is his glory to overlook an offense." Proverbs 19:11 (ESV)*

*"It is an honor for a man to keep aloof from strife, but every fool will be quarreling." Proverbs 20:3 (ESV)*

*"24 Make no friendship with a man given to anger, nor go with a wrathful man, 25 lest you learn his ways and entangle yourself in a snare." Proverbs 22:24-25 (ESV)*

#### Start Talking: Find a conversation starter for your group. (15 Min)

- What is something that usually gets on your nerves?
- Would you consider yourself more passive, or confrontational?

#### Head: Start Thinking. Ask a question to get your group thinking. (10 Min)

- Have different people read these verses: Proverbs 14:17, 14:29, 15:8, 16:32, What do these verses warn against?
- Read verses 17:27, 19:11, 20:3 - what are some ways you can control your temper?
- Is it a sin to get angry? What are some good ways to handle your anger?
- Read Proverbs 22:24-25. Are bad tempers contagious?

#### Heart: Start Sharing. Choose a question to create openness. (10 Min)

- How can you dig deeper into the roots of your triggers?
- How do you usually handle conflict?
- Can you think of some ways to deal with conflict in a healthy way?
- Have you ever had the Holy Spirit help you in an intense situation where tempers were high? How?
- How is God's grace needed in moments of anger?

#### Hands: Start Doing. Commit to a step and live it out this week. (10 Min)

- What are three things you can do to calm yourself when you think you might lose control?
- Is there someone who you need to apologize to, for what you might have said in anger? Is there someone you should forgive?

#### Start Praying. Be bold and pray with power. (15 Min)

- Father, we are sorry for the moments when we let anger take over. We need Your help to calm us down, so we can listen to your Spirit. Thank you that you love us and that you are patient with us always. Amen

#### Trios: Split into same-gender groups of three. (15 Min)

1. What was a memorable passage from your Life Journal (or other Bible reading plan) reading this past week?
2. What's something you'd like someone else to check in with you about this week?
3. What good can we do around here (are there any community needs God is calling us to meet)?
4. Pray for one another.

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