

emojis

controlling your **emotions**, before they control you.

Week 1 - Anger: You Owe Me!

Opening Thoughts

Hurt people... _____.

Question: Where does _____ come from?

We cannot let justifiable _____ give power over to another person to gain control over our lives.

Don't let temporary anger become permanent _____.

_____ is a wonderful place to visit, but a _____ place to dwell.

Question: What do I do when they can't _____ me back?

Question: What happens when I truly _____?

Forgiveness is a _____ you make and then remind your heart of over and over.

Dealing with _____ ANGER so the Devil has no opportunity.

1. _____ who you're angry with
2. Identify what you feel they _____ you.
3. _____ the debt.
4. Fully _____ the case against them.

LIFEGROUP STUDY QUESTIONS

FIRST THINGS FIRST

1. What's something small that makes you way more irritated than it probably should? (traffic, slow Wi-Fi, loud chewing 😂)
2. Have you ever sent (or almost sent) a text/email while angry that you later regretted? What happened?
3. If anger had a "trigger button" for you, what would it be?

DIGGING DEEP

1. Jeremy described an "other heart"—the part of us that reacts, remembers, and carries things. When have you noticed your "other heart" taking over?
2. The idea that anger says, "You owe me," is central to this message. What are some real-life examples where you've felt that?
3. Why do you think it's easier to justify anger than to deal with what's underneath it?
4. The phrase "hurt people...hurt people" was used. How have you seen hurt lead to anger in your own life or others?
5. Read Ephesians 4:26-27. What does it look like for anger to "sit" and turn into something more dangerous?
6. Jeremy pointed out that many of the things we feel owed...**cannot** actually be repaid. Why is that so hard for us to accept?
7. In Matthew 18, Jesus tells a story about a forgiven debt. How does remembering how much we've been forgiven change how we view others?
8. Jeremy said: "Forgiveness is a decision you make, and then remind your heart of." What does that look like practically in real life?

TAKE IT HOME

1. Who is someone you may be holding anger toward right now? Identify what you feel it is that they "owe you". Now ask yourself the question, "Is it something that they can realistically give back?"
2. What would it look like for you this week to release that debt to God?
3. When those feelings come back (because they will), how can you remind your heart: "They don't owe me anymore"?
4. What is one practical step you can take this week to walk in freedom instead of bitterness?