

bridgeway GROUPS

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DISCUSSION GUIDE: April 6 - Justin Gill

“Range of Emotions: Anger”

LIFE: What has our Michigan spring weather done to your emotions recently?

ENGAGE THE MESSAGE:

1. **Read Mark 7:21-23; James 3:14, 16, 4:1**
2. What makes you angry?
3. Where does James say our anger comes from?
4. What are the top emotions that you struggle controlling?
5. Can you identify the desires within you that cause you to become angry or to have other strong emotions? Give a specific example of a circumstance recently when you let your emotions lead you astray.
6. **Read Philippians 2:1-2, 6-7.**
7. How can following the example of Jesus keep our emotions from controlling us?
8. How can you check in with yourself and ask, “What emotions were a part of my day? How did I handle them? Am I still clinging to them?”
9. **Read John 14:27.**
10. Did you **receive** the peace that Jesus has given you? How can you trust more in Jesus than in your emotions?

MAKE DISCIPLES: Offer to check in regularly with someone who admits they are struggling with an emotion.