

bridgeway GROUPS

PSALMS READING PLAN:

Join us for the “Summer in the Psalms” Bible reading plan! See and download the plan on our website: bridgewaycommunity.org

DISCUSSION GUIDE: June 29 - Ron Aulbach

“Why Are You So Angry?”

LIFE: What is one of your pet peeves?

ENGAGE THE MESSAGE:

1. **Read Psalm 137.**
2. Why is the writer so angry?
3. What is something that makes you angry?
4. What are some good things about emotions?
5. How have you seen sadness turn into anger?
6. What does the statement mean: “Emotions are good servants but terrible masters”?
7. Have you prayed your anger to God? Have you talked with Him about your life and what is going on?
8. Who have you seen offer kindness, forgiveness and compassion in the face of anger? What does that look like?

MAKE DISCIPLES: How can you care for someone who is angry or sad this week?