



Series: UnOffendable
Embracing the Freedom of "Un"
Matthew 6:25-27; Proverbs 3:3-8

Discussion Questions

1. It's easy to see the connection between anger and stress in people. Those who deal with a lot of anger and choose to hold onto it typically also feel very stressed. What are some ways you have experienced that connection between anger and stress or stress and anger?
2. Nowhere are we told we should never get angry. Rather, it's that we should stop holding on to anger, stop carrying it with us. How have you been impacted physically during seasons of high anger and/or stress?
3. When we don't trust God, we are more likely to carry anger because of all the stuff happening we don't like. How do we reverse that cycle and gain trust in God?
4. One of the problems we have with anger is that it comes so naturally to us. When people treat us poorly, or when someone directs anger our way, it's natural to respond in kind. Who in your life is a good model of responding to anger with kindness and compassion?
5. Getting rid of anger is easier said than done, even when we understand the physical harm that anger can cause. When was a time that you were able to let go of anger and Trust in the Lord? How were you ultimately able to let go of anger in that situation? Discuss.

Closing Questions:

- A. What did the Holy Spirit TELL YOU during the teaching Sunday?
- B. What did the Spirit tell you to DO about it?
- C. How can we HELP YOU by our prayers and support?