



Series: UnOffendable  
Embracing the Freedom of "Un"  
James 1:19-20

### Discussion Questions

1. Our foundational beliefs and opinions about anger are often formed in our youth. We learn what anger is and how to process it by observing those closest to us. What were you taught about anger as a child?
2. The phenomenon of "righteous anger" is not only prevalent in the church but in our culture also. There is a sense that sometimes we are correct to be angry or even that we're supposed to be angry. How has your life been shaped by the idea of righteous anger?
3. Forgiveness is the antidote to anger. It's what helps us let go of anger. Thinking back to your past, when have you experienced the freedom of forgiveness in any meaningful way?
4. Another key to successfully letting go of anger is to recognize and remember just how good, gracious and merciful God has been with you. What are some of the biggest ways you have been influenced by God's goodness and grace?
5. Let's say you decided right now to forgive someone- to let go of your "right" to be angry at that person and instead to offer the same forgiveness to him or her that you have received from God. What would that process look like?

### **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?