

Beyond Blue

Anger Leader Guide

Welcome to 2022! The January sermon series is a great time to pause and think about important challenges we all face during these complicated and challenging times. Discussions about the upcoming topics will be a good opportunity to get a feel for where your LifeGroup members are at, and whether they need additional support from you and/or the group.

Before starting the discussion this week, we strongly encourage you and your group to take time to set up some guidelines around group interactions. This will help encourage everyone to feel safe during discussions about these challenging and heavy topics. Some guidelines before beginning may include:

- We want to encourage people to **share freely** about their thoughts and feelings. However, if someone in the group decides to **listen without sharing**, please respect his/her preference.
- During the next few weeks, we also encourage you to ask your group to **refrain from crosstalk**. Crosstalk occurs when we interject a comment during someone else's share time. It also means not criticizing what someone said, telling him/her what to do about the problem, how we solved something similar, or how to feel differently.
- Remind your group that after you ask a question, you are comfortable with **letting the group sit quietly to think for a time**. Teachers often silently count to 15 in their mind to remind themselves that "wait time" is important to give people space to process their thoughts before sharing.
- As a facilitator, liberally use **affirming responses** such as, paraphrasing what the person's basic message or experience is. You can start with, "Let me see if I understand what you are saying." Acknowledge their willingness to share by saying "Thanks for sharing" and other positive comments that you are comfortable working with.
- Remind the group that we are committed to reaching out when group members let us know they are struggling. Keep this in mind as you pray for our group this week and see if God nudges you to do so.

Feel free to read this entire list to your group! Having group norms and guidelines in place can help protect your group conversations, no matter the topic. The Community Life team has many resources available to support you and your group members if issues come up during your discussions that feel out of your comfort zone. Please reach out to us for more information or if you need someone to discuss a challenging situation with to find clarity.

Warm-Up: What things make you mad when you drive? What helps you calm down from these feelings of anger?

Discussion Questions:

1. What does anger from being scared and hurt look like in your life?
2. Read I Peter 5:7. How does this help us think about anger? What are other Biblical stories that have helped you understand this topic? Phil. 4:8-9
3. How does the world teach us to cope with anger from being scared and hurt? Look at Psalm 23 to see how David coped with anger, fear and hurt. What is the most striking thing to you about David's response in Psalm 23?
4. What are some ways to demonstrate love to someone who is angry from being scared or hurt?

Closing: To close this study, have the participants sit in a circle with heads bowed in silence. Read aloud Psalm 4. After the reading, repeat the phrase in verse 4, "In your anger, do not sin." Say to the person on your left: *(Name), in your anger do not sin.* Participants continue this exhortation around the circle. Then close the session with a brief prayer for God's strength to handle anger in His way.