



Session 2—Anger

Icebreaker

Describe a moment when you were really angry about something that now seems insignificant.

Watch Session 2 of MOOOOD

1. What did you think of Curtis' story? Can you relate in any way?
2. Has there been a time where you let something “build up” and it exploded in anger? Explain.

Read James 1:9

Listening and Doing

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, (NIV)

3. What does being quick to listen mean to you?
4. What about slow to speak?
5. Slow to become angry?
6. How does forgiveness tie into this concept?
7. Is there someone that you can trust, to share those “build up” things with?
8. How can letting go of anger help your relationship with others?
9. How can letting go of anger help your relationship with God?

Challenge/Action step: set up a time this week (on the phone or in person) to talk with someone you trust about something that has been bothering you.



Do you know someone who is struggling with anger that could benefit from this series? Invite them to church this week!

Prayer

Lead your group through the following prayer.

Close your eyes, and slowly breathe in and out. As you breathe in, picture a person or situation that is making you angry. As you breathe out, imagine handing that person or situation over to God. Take a minute to do that now. Father God, we surrender these things and these people to you now. Help us to release our clenched fists and have open hands of love and forgiveness. Give us self control this week as we seek to be slow to speak, quick to listen, and slow to become angry. Thank you for being a God who is kind and merciful, slow to anger, and rich in compassion. Amen.

Don't forget: Watch our Daily Story videos and listen to people from The Jar studying scripture and talking about the different emotions we experience. Scan this QR code to access the story videos:

