

IT'S COMPLICATED

SIMPLIFYING EVERYDAY
RELATIONSHIPS

WEEK 3 | LIFE GROUP DISCUSSION QUESTIONS

CONNECT

- As a kid, do you remember getting mad at your parents over something? If so, what?

CONSIDER

- **What encouraged or challenged you from the sermon and/or daily devotions this week?**

CHRIST

Read Number 20:2-12 as a group.

- This story is similar to the one found in Exodus 17:1-7, except this time Moses is told to speak to the rock, not strike it. Moses not only scolds the people, but he strikes the rock twice! In his frustration, he redirects the credit for the source of this miracle, “must we bring you water...” (v. 10). We lose control when we take control from God. **How does this play out in this passage? Why is this such a big deal to God?**
- Moses had a history of anger. At the age of 40 he killed an Egyptian guard (Exodus 2), later he smashed the Ten Commandments (Exodus 31), and he became angry with the Israelites during their wanderings in the wilderness. **Are there certain situations or certain people who bring out anger in you? How do you deal with anger when it wells up in you?**
- Sometimes anger is not coming from you, but someone else. **What’s your typical response when you encounter anger directed at you (i.e. bring it on, avoid it, work through it, or something else)?**

Read Ephesians 4:26-27 & 31-32.

- Anger comes in many forms, and it is usually a response or symptom of something else. **When is anger healthy? When is anger unhealthy? Why is it important to deal with your anger before the sun goes down?**
- Pastor Andy Stanely boils anger down to one simple phrase, “you owe me.” He writes, “The root of anger is the perception that something has been taken. Something is owed to you. And now a debt to debtor relationship has been established.”¹ **How does this thought encourage or challenge your understanding of anger?**

¹ Andy Stanley, *It Came From Within* (Multnomah, 2006), 72.

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- **Read James 3:13-16 & 4:1-2 as a group. What do you learn about the root cause of anger? In the midst of anger, how can acknowledging not getting what you want help diffuse or bring clarity to the problem?**
- **Reflect back on the several passages you have read together. How is forgiveness the key to getting rid of anger? What keeps us from forgiving others? If there's someone you need to forgive, what is one thing you can do this week to take a step toward forgiveness?**
- **Anger is not a new thing, but how we deal with it might be. The following passages give us guidance on how to respond to anger in a Godly way. Read James 1:19-20, Romans 12:17-18, and 1 Peter 5:7-8. What do you learn about responding to anger from these passages? Which one (including Ephesians 4:31-32) do you need to live out in your relationships right now? As a group how can we help?**

CALLING

- **You Wouldn't Like Me When I'm Angry.** How are things with your heart? Are you mad at anyone? An important part of getting rid of anger is to identify who you are angry with. If left unchecked, you may find yourself taking control from God like Moses, and/or negatively impacting the relationships around you. Spend time with God to reveal any anger and more importantly the root behind it. Seek any forgiveness.
- **Daily Devotions:** Spend 15 minutes each day with Northside devotions. Text JOINGOD to 81411 or use the Study tab in Northside's App for Daily Devotions.
- **Memorize:** *"Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."* - 1 Peter 5:7-8
- **Further Study:** Read *Enemies of the Heart* by Andy Stanley.