



Week of February 21, 2021

Discussion Questions:

1. What is the difference between having anger and Living Angry? How can the emotion of anger be a good thing? When does it move to become a bad thing?
2. How have you seen Living Angry cause issues in your relationships and your life?
3. Read Ephesians 4:31. Which of these do you struggle with? How does this statement supersede the 10 commandments?
4. Read Ephesians 4:32. How does remembering that God forgave you set the pattern for our forgiveness of others?
5. The simple definition of forgiveness is to cancel the debt. While it is simple, it is not easy. Why do we struggle so much to forgive?
6. Paul said the steps of forgiving are: *1) Identify with whom you are angry. 2) Determine what they owe you. 3) Cancel the debt. 4) Keep the account closed.* If you feel comfortable, ask someone in your group to pray for you as you take the steps of forgiveness.

Moving Forward

Anger is extraordinarily easy. It is our default setting. Love is very difficult. Love that forgives is a miracle. God performed a miracle in cancelling our debt through Jesus' death on the cross. Every time we choose to forgive, we get to participate in another of God's miracles. How incredible is that? Is there anything keeping you from being part of this incredible miracle?

Ephesians 4:31

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.