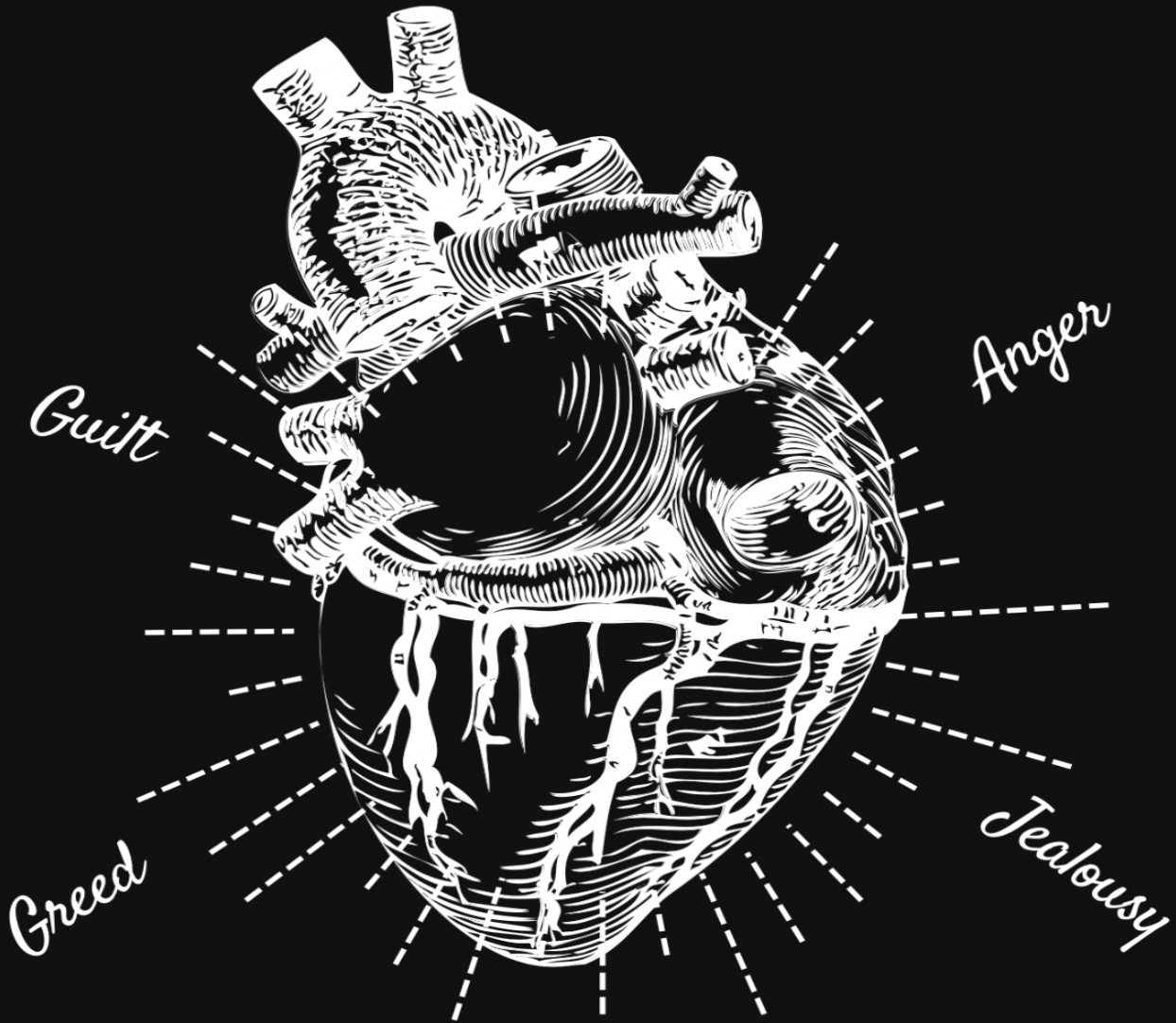




JOURNEYCHURCH
SMALL GROUPS



ENEMIES OF THE HEART

Week Three: Anger

Scripture Focus:

Ephesians 4:25-32.

Discussion Questions:

Am I truly understanding the other person? ...

Are my expectations reasonable? ...

Am I angry at the right person? ...

Is my anger getting me what I want? ...

Is my anger out of proportion to the offense? ...

How are they feeling? ...

Can I really change this situation?

Can I forgive?

If not, why?

Follow this four-step process today:

- (1) Identify who you're angry with.
- (2) Determine what they owe you.
- (3) Cancel the debt by forgiving them.
- (4) Don't let the anger build up again.

Notes:

