

CALVARY WEEKLY DISCUSSION GUIDE

August 2, 2020



CONNECT

Go around the room and discuss your "highs" and "lows" from the past week.

GROW

- What makes you **angry**? How was anger expressed in your family of origin—were you a family of yellors who just "got it all out," or did you express anger with silence?
- When have you experienced or observed **unhealthy and unchecked** anger? If you could go back, what would a healthy version of anger look like in that situation? Has anger ever had a "hold of the steering wheel" in your life?
- Read about Jesus overturning tables in the temple: **Mark 11:15-17**. Read another version of the story here: **John 2:13-16**.
- What modern day examples can you think of where **God would encourage healthy anger**? If you disagree with an answer someone in your group gave, practice building a bridge around that disagreement.
- How will you practice being **slow to anger** this week? What would it look like to pause and pray for the person you are angry with?

PRAY

God, you know that anger is an emotion we all experience, but too often our world seems to encourage anger. Help us to examine the source of our anger, and remind us that when it fails to build up relationships, it is no longer healthy. God, grant us patience and wisdom to pause, be slow in our anger, and build bridges with others in our lives. In Your name we pray, Amen.