

DISCUSSION GUIDE - What's On Your Mind? Week 2

Warm Up:

What is the best piece of advice you have been given regarding self-care?

Discussion:

1) The average person spends 2.5 hours a day on social media and 30 minutes a week in God's Word. What would your life look like if you reversed the time spent?

2) Read James 1:19-20. There are different kinds of anger. In the Bible, we see times when God has shown righteous anger. Evil and oppression in this world should stir something in us. Share a time of 'healthy' anger about something that moved you to act.

3) Take turns reading the following verses. Which tendency to respond when the feeling of anger arises hits close to home for you? How can knowing our triggers help us manage or overcome them?

- Ephesians 4:26-27. Trash compacter: stuffs their feelings and denies what is happening.

- Ecclesiastes 7:9 and Proverbs 29:11. Volcano: you never know when they will erupt.

- Proverbs 20:3 and Proverbs 10:19. Prosecuting Attorney: rises when a conviction is violated.

- Proverbs 17:14 and Hebrews 12:15. Stealth Bomber: acts in a passive-aggressive manner.

4) Read Proverbs 29:22 and 11:29. Just because someone makes you angry doesn't mean we don't have a choice to respond differently. Think about a time you wanted to react in anger but chose a different path. How did it work out?

5) In his book *Enemies of the Heart*, Andy Stanley writes, "Anybody who was raised the way you were - faced the hardships you faced, lived with the rejection and neglect you experienced - has every reason - no, right - in the world to be the way you are. You have every right to be the way you are. But do you really want to remain this way?" How would you answer his question in light of your own times of being mad?

Application:

Choose one challenging relationship you are in, and this week, think about how you could bless them this week. If you take steps in this area, report back to the group next week.