

Group Discussion Guide

Emotionally Healthy “Slow To Anger”

- Pastor Jared said 'You have to pay attention to what goes into your heart' and used the example of not putting diesel in a gas engine. What are some things that regularly 'fill your heart with anger' in your daily life?
 - What is one specific thing you could change or limit this week to reduce the anger going into your heart? What might you replace it with instead?
- Pastor Jared mentioned three misconceptions about anger: that it's caused by other people, that we can't control it, and that quiet people are less angry. Which of these misconceptions do you find yourself believing most often, and why?
 - Think about a recent time you felt angry. How might believing one of these misconceptions have affected how you handled that situation? What would change if you rejected that misconception?
- In Matthew 5:21-24, Jesus teaches that God cares about both our external actions and our internal attitudes when it comes to anger. Why do you think Jesus emphasized the heart condition behind our actions, not just the actions themselves?
 - When you're angry with someone, what thoughts or attitudes go through your mind that others can't see? How might God want to change your heart in those moments?
- The sermon mentioned 'the power of the pause' - not responding immediately when we're angry. Why is it so difficult to pause when we're upset, and what might help us remember to do this?
 - Think of a relationship where you often react in anger quickly. What would 'saving it as a draft' look like practically in that situation? What might happen differently if you paused first?
- Pastor Jared asked 'What's it like to be on the other side of you?' and mentioned that anger affects our marriages, parenting, and careers. If you asked the people closest to you this question, what do you think they would honestly say?

- If someone close to you said it was difficult to be around you when you're angry, what would you want them to know? What steps could you take to become someone others feel safe approaching, even during conflict?