

This Facilitator Guide will help you lead conversation with your LIFE Group. Review the Guide beforehand, and test your audio/video setup if you plan to show the Recap Video. Note: [Brackets] indicate simple cues for you as a Facilitator, not necessarily to be read aloud. When you're ready, begin with the Conversation Starter.

CONVERSATION STARTER [Encourage everyone to answer, share stories.]

If ordering a veggie pizza drives David crazy, what is a crazy-maker for you? (pet peeves)

Play the **Recap Video**. If you are unable to do so, move to the Discussion Questions.

DISCUSSION QUESTIONS

David talked about the ways that we express anger, and how to deal with anger issues.

Question 1: Of the four most common angry responses, which is most common for you?

1. Machine Gun [explosive, angry outbursts]
2. Mute [hold it in, simmer]
3. Martyr [pity party, punish themselves]
4. Manipulator [sarcasm, get even, sabotage]

Question 2: Read Proverbs 25:28. A city with broken down walls is helpless, open to attack, and weak. How is your typical angry response a sign of weakness instead of strength?

[???

Question 3: Thinking of your last angry response, how did you feel in the moment? [Hurt, frustrated, fearful? Allow people to answer first question.] How did it affect your relationship?

Question 4: Read Galatians 5:19-23. The difference is obvious—when God's Spirit is in control versus when I am in control. David prayed for us, so let's pray together, asking God to take control of our hearts again. Let's ask God to take control of our anger or any other issue that is hurting our relationships.

CONVERSATION WRAP-UP

If you attended a gathering, then you received a sticker on your way out. Place that sticker somewhere visible, reminding you to ask God to take control of your heart and life.

What are you going to work on this week? [Ask everyone to respond.]

Plan it. Remember, it's always helpful to figure out where and when you'll meet next time.