

Small Group Discussion Questions



// Week of February 11, 2024

LEADER INFO

- Third Service Launch
 - Sunday, February 25
 - Text "Roll" to 604-670-3040 to commit to "rolling back" to an earlier service for 4 weeks as we launch
 - We need 72 new volunteers for our Home Team to do 3 services well. Text "serve" to 604-670-3040 to sign up

- Palentines
 - Friday February 16th, 7-9pm.
 - Are you looking to make some new connections? We are hosting a Southside event for single people, ages 20-35.
 - You can expect food, games, and low pressure opportunities to meet other singles in our church! You won't want to miss it.
 - Registration is required and the event is only open to those who call Southside Church home!
 - Text "News" to 604-670-3040

- Financial Learning Experience
 - FLE attendees go through interactive course material that will teach you:
 - how to build a budget that works
 - how to get out of debt
 - how to begin saving
 - how to put God at the center of your finances!
 - Begins February 18: Text "FLE" to 604-670-3040

GROW This section is based on the sermon from Sunday. You can find it here: <https://www.southsidelife.com/>

ICE BREAKER Do you do anything funny to mask your anger? (ie. Pastor Mike's example of whistling to mask when he's angry at another driver on the road)

Be Angry

“In many ways, this church is fuelled by anger. We’ve decided to kick the darkness until it bleeds daylight.”

Read

Proverbs 14: 29-30

Slowness to anger makes for deep understanding;
a quick-tempered person stockpiles stupidity.

³⁰ A sound mind makes for a robust body,
but runaway emotions corrode the bones.

Proverbs 15:1

A gentle response defuses anger,
but a sharp tongue kindles a temper-fire.

Proverbs 15:8

Hot tempers start fights;
a calm, cool spirit keeps the peace.

Proverbs 16:32

Moderation is better than muscle,
self-control better than political power.

Proverbs 19:11

Smart people know how to hold their tongue;
their grandeur is to forgive and forget.

Proverbs 19:19

A hot-tempered person must pay the penalty;
rescue them, and you will have to do it again.

Proverbs 24:28-29

Don't talk about your neighbors behind their backs—
no slander or gossip, please.

Don't say to anyone, "I'll get back at you for what you did to me.
I'll make you pay for what you did!"

Proverbs 25: 21-22

If you see your enemy hungry, go buy him lunch;
if he's thirsty, bring him a drink.

Your generosity will surprise him with goodness,
and God will look after you.

1. The Bible has a lot to say about our Anger

- a. Read through each verse listed on page one and discuss.
- b. Philo of Alexandria: "Be kind, everyone you meet is fighting a great battle."
 - i. What does that quote mean to you?
- c. Ephesians 4:26 *Go ahead and be angry. You do well to be angry - but in your anger, do not sin.*
 - i. John Chrysostom *He that is angry without cause, sins. But he who is not angry when there is cause, sins. For unreasonable patience is the hotbed of many vices, it fosters negligence, and incites not only the wicked but the good to do wrong.*
 1. We must act on our anger. Discuss.

2. Analyze Your Anger

- a. When you put your faith in Jesus, all that brokenness you had before doesn't just go away. Anger is a secondary emotion. So what's behind *your* anger?
 - i. Do you get angry because you're insecure?
 - ii. Do you get angry because you're hurt?
 1. Regret, shame, scars, trauma, fear...

3. Alter Your Anger

- a. When was the last time you lost your temper for the wrong way (passive or vindictive)?
- b. How would you do it better next time, in order to be effective?

4. Act On Your Anger

- a. In many ways, Southside is a church fuelled anger: angry at brokenness, loneliness, hopelessness... Many years ago, we made the decision to “kick the darkness until it bleeds daylight.”
 - i. What does that mean to you?
 - ii. What makes you angry enough to do something?

PRAY