

The Week of:

Jan. 13, 2021

What's your life like:

When Was The Last Time?

- Go around the group and ask each person to talk about the last time they felt mad. Who were they with? What happened? How did they handle it? What were they mad about?

What are we talking about this week:

Bible Verse

- Matthew 5:21-22

Main Point of the Message

- Jesus was serious about dealing with our anger.

Discussion Questions

- What is your biggest pet peeve?
- Have you ever heard the word "contempt" before? How would you define it?
- Why do you think people feel more comfortable criticizing others behind a screen?
- Do you think people value kindness? Why or why not?
- Do you think people are annoying? Why or why not?
- Do you avoid annoying people?
- What do you do that other people might find annoying?
- Is it difficult to accept people who annoy or mistreat you? Why?
- Who do you need to forgive?

Now what:

Fearlessly Forgive

- Take some time this week to identify someone that you need to forgive. When they come to mind, personalize Jesus' prayer: "Father, forgive them, for they don't know what they're doing to me."