



Week 3: You Wouldn't Like Me When I'm Angry

Ice Breaker:

What's your favorite action movie? Is there a scene, a stunt, or a particular character that makes it especially enjoyable or memorable for you?

Group Discussion:

1. What has been your experience with “payback” – either as someone receiving or dishing out a “deserved” consequence or punishment? **Share a brief story** that comes to mind.
2. Read together Matthew 5:38-41. What stands out in Jesus' words in this passage? **Do you feel like this way of working through conflict comes easily for you, or is it difficult?** Explain.
3. Adam said anger is “a reflective feeling that says ‘something is wrong and needs to be set right.’” **How have you seen anger be helpful, or hurtful, in your own life?**
4. Read together Matthew 26:47-52. Based on this passage, or other examples you may wish to consider as a group, **how did Jesus respond when someone opposed or offended him? What does it look like for us to follow his example?**
5. Application question for the week: Who needs from you the same grace God gives to you?