



## You're Not the Boss of Me | Anger 03.31.24

### **START TALKING | (Find a conversation starter for your group)**

- Take a moment and describe either a good boss or a not-so-good boss that you've had in your work life. What actions and attitudes either made this boss good or bad?

### **START EXPLORING | (Read the Bible)**

- Read the key verse for this series in 1 Peter 4:2. Make sure you pull it up in multiple versions on YouVersion or in your paper copy of the Bible. The translation I've selected is the Good News Translation

**1 Peter 4:2 (GNT)** – From now on, then, you must live the rest of your earthly lives controlled by God's will and not by human desires.

After reading this verse in multiple translations, discuss the meaning and application as related to our emotions, desires, or passions controlling us.

### **START SHARING | (Choose a question to create openness)**

- What makes you angry in the course of your day?
- Why is anger such a dangerous emotion according to the message as you heard the content this weekend?
- Are there any areas of unresolved anger in your life?
- What can your loving group of Christian friends do to support you in your struggle with anger?

### **Start Praying. (Be bold and pray with power)**

*“Father, I realize the emotions are powerful things. I feel them in my body and if left unchecked, these emotions can become the “boss of me.” So, when it comes to anger—search me and know my heart. Is there anger inside of me that is unresolved? Show me. I want to have an open mind and a new experience with You so that I can receive and reflect Your love in greater ways. I’m going to ask You to do what You love to do, which is to show me how to better become like Jesus. I pray this in His name, Amen.”*

**More on back**



**Start Doing. (Commit to a step, and live it out this week)**

Take the Anger Cue Checklist survey and share it with one other group member this week. Maybe process it and pray over it together.

In seeking to identify your anger cues, place a checkmark beside the following questions that are true of you:

- Do you have a decreased appetite?
- Do you have tense muscles?
- Do you feel usually hot or cold?
- Do you have increased perspiration?
- Do you feel flushed?
- Do you clench your teeth?
- Do you clench your fists?
- Do you experience dry mouth?
- Do you become silent—shutting down verbally?
- Do you use loud, rapid, or high-pitched speech?
- Do you breathe faster or harder than normal?
- Do you experience an upset or churning stomach?
- Do you walk hard and fast or pace back and forth?
- Do you have anxious behaviors (such as tapping a pen, shaking a foot etc)?
- Do you use language that is inappropriate, harsh, sarcastic, or rude?
- Do you feel your heart racing?