



August 5, 2018

Message Title: Do Not Murder

Teaching Pastor: Angie Frame

This study guide has been designed for Small Groups in mind, and can be used by individuals as well.

Key Points	
1.	What makes you angry? Name at least one small/trivial thing and one substantial thing.
2.	<p>Angie mentioned 3 ways to manage anger:</p> <ol style="list-style-type: none"> 1. Steer clear of triggers. 2. Slow down. 3. Soften our responses. <p>Which of these 3 do you need to work on most?</p>
3.	<p>Regarding triggers, Angie mentioned that unmet expectations and unknown consequences can cause anger, both on the giving and receiving ends.</p> <ol style="list-style-type: none"> 1. What unmet expectations at work/school make your blood boil? 2. What unmet expectations at home make your temper flare? 3. If you're a parent, then do you have a known plan of consequences for your kids or teenagers?
4.	How can you slow down instead of immediately reacting with anger?
5.	<p>To whom are you most likely to respond harshly?</p> <p>How could you soften your responses?</p>

6.	How do these 3 ways overlap and work together to help us manage our anger?
7.	With whom are you angry, and how could you confess that and move forward?
8.	Who has been hurt by your anger? Is asking for their forgiveness a possibility, and if so, then how might that happen? If it's not a possibility, then have you forgiven yourself and sought God's forgiveness?

Notes: