

## Guide for Growth Group Hosts Taming My Temper (Better Days Series)

### THINK ABOUT IT

What was your favorite point from this week's message?

### MAIN GROWTH GROUP SCRIPTURE

*Better to be patient than powerful; better to have self-control than to conquer a city.*

**Proverbs 16:32 (NLT)**

### DISCOVERY QUESTIONS

- What does the verse above mean to you? What's the importance of patience and self-control? Which of these do you personally feel is the biggest challenge for you?
- (Read the Verses Below) God wants us to remember the results of our anger. The Bible tells us that we will do foolish things when we are quick-tempered. Have you ever had an experience where you were quick-tempered? What was the outcome? What did you learn from that experience?

*...anger will not help you live the right kind of life God wants. James 1:20 (NCV)*

*A quick-tempered person does foolish things... Proverbs 14:17 (NIV)*

- (Read the Verse Below) It's important that we reflect before reacting. What are some practical ways that we can put a priority on listening when at work and home?

*You must all be quick to listen, slow to speak, and slow to get angry. James 1:19 (NLT)*

- (Read the Verses Below) It can be difficult to stay calm when we feel insulted by someone else. Our natural instinct is to defend ourselves and get even. What can you learn from the verses below?

*A fool is quick-tempered, but a wise person stays calm when insulted. Proverbs 12:16 (NLT)*

*Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head. Romans 12:19-20 (NIV)*

- (Read the Verse Below) Have you ever experienced a situation where you remained calm (instead of reacting) and learned a lot from that experience? What insights did you learn? How did it help change your future reactions in similar situations?

*People who stay calm have real insight. Proverbs 17:27 (GN)*

- (Read the Verse Below) In tense or stressful situations it's important to restrain your remarks. Has there ever been a time when *not* restraining your remarks made a situation worse for you?

*Those who are careful about what they say keep themselves out of trouble. Proverbs 21:23 (NCV)*

- (Read the Verse Below) It's easy to give a harsh answer to your family after a long day at work. What can you do to remember, reflect, and restrain prior to arriving home?

*A gentle answer deflects anger, but harsh words make tempers flare. Proverbs 15:1 (NLT)*

- (Read the Verse Below) The Bible clearly states that we should follow the Holy Spirit's leading in **every** part of our lives. In what areas do you need to more closely follow the Holy Spirit's leading related to your actions?

*...the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control... let us follow the Spirit's leading in every part of our lives. Galatians 5:22-23, 25 (NLT)*

### **LIFE APPLICATION**

Let's be honest. It can be tough to walk away instead of reacting when we feel insulted, etc. In this scenario, Maria and Kim are coworkers. They have had poor interactions with each other on a consistent basis. Maria feels particularly insulted after one of their interactions today. She went back to her desk and has been replaying the exchange in her mind for the last few hours. In light of what we have been discussing, how should Maria respond? Discuss your answer with your group.

### **DIVE DEEPER**

**Go deeper during the week!**

- A great way to dive deeper and learn more about Jesus is by reading **God's Word** daily. Commit to reading for at least 5 minutes per day to start. Here is a bible reading guide to help you take your next steps in that area: <https://experienceheritage.org/next-steps/read-the-bible>
- Read the **daily devotionals** each day found at [www.experienceheritage.org/blog](http://www.experienceheritage.org/blog). You can sign up to have them delivered daily to your email inbox by clicking here: <http://experienceheritage.org/Devotionals>.
- Read the **Memory Verse** below each day during your quiet time with God. See if you can memorize the verse prior to the next session.

*You must all be quick to listen, slow to speak, and slow to get angry. James 1:19 (NLT)*

### **PRAYER GUIDANCE**

During the prayer time, pray for the entire group collectively. Before you pray, check to see if anyone has a special request. You can also pray for patience and self-control for the entire group.