

Day Retreat TOPIC: ANGER

DISCUSSION QUESTIONS:

Talk #1. “The Root of Anger is Pain”

- What kinds of things make you angry?
- How do you respond when someone makes you angry?
- When have you been the one who caused pain?

Talk #2. “Control”

- What kinds of things make you angry?
- WHY does God want you to be in control of your anger?

Talk #3. “Words and Actions”

- Re-cap what the difference between a reaction and a response.
- Can you imagine what life at Lee Arrendale would be like if more of us responded instead of reacting?

Talk #4. “Christ – The Mediator”

- Can you recall a time when you wish Jesus could have materialized as a go-between you and another person/situation? What do you think the outcome of that interaction would have been had that happened?
- Can you recall a time when you were confronted with a painful or hurtful situation that caused you to get angry – but you were able to exercise self-control and not hurt back? How did you choose to respond instead?

Talk #5. “The Mind of Christ”

- How can having the mind of Christ help ME to have power over my anger? (WWJD?)

Talk #6. “Christ’s Love and Grace”

- Do you ever take time to think about the gifts God has given you?
- Do you only TAKE God’s gifts -or- do you ever give anything back?

Talk #7. “Healing with Christ”

- What part of the Action Plan is the biggest area of opportunity for YOU to work on? (Loving, Blessing, Talking well of, Doing Good, Praying)?
- To whom must you apply your Action Plan to (Enemies, Those who curse, hate, spitefully use, persecute you)And when will you begin?