

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.
- Where have you reacted and what happened? What happened in those times you have responded?
- Can you imagine what life at in here would be like if more of us responded instead of reacting? Discuss that if just you responded and how that would help others.

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?
- How can I start to do that?

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"

Create an action plan- make sure it has only small steps. Tell your Kairos family what you want to do to heal and not be angry and hurt and ask them to pray for you.

- 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?