



"You tell me / that it's all right / to let it out of its cage
[...] / You say that letting it out / may tame it somehow
..." (*from a poem by Linda Pastan)

Anger: "wrath; a strong feeling of displeasure or belligerence aroused by a wrong" ... A hurtful word, a short-sighted decision, a lost opportunity, and it can flare unexpectedly. Untended, left to simmer, it can take us by surprise by its power over us — and its impact on those around us.

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

What's one thing you're looking forward to in the future?
Share something new or a highlight from this past week.

REVIEW

Open your Bibles and read from **Luke 23:20-43**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- What comes to mind when you hear the word 'anger'?
- What are the effects that anger has on a person? How does it affect those around them?
- What are some of the ways anger can impact your relationships with God?
- Would you say that you are aware of anger in your life and how it shows up? What does it look like when anger shows up?
- What comes to mind when you hear the word 'patience'?
- What does it look like to have patience in your life? How does this impact others and your relationship with God?
- How can you nurture patience in your life?
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.