



# HERITAGE

COMMUNITY CHURCH

## **Missional Community Discussion** **Week of February 19th**

### **Opening thought:**

For those who struggle with anger and resentment, there always seems to be a name or situation that is attached. However, What is at the root of anger that cannot be seen? What is the solution? We can blame others or circumstances for the war that wages within, but are they or that really the cause? What we discover over time is that we can change our habits, surroundings or friends, but those adjustments don't change our hearts. Only Jesus can.

### **Questions to discuss:**

1. Read Proverbs 29:22. "An angry person starts fights; a hot-tempered person commits all kinds of sin." What do you think the writer is saying here?
2. What are various ways that people deal with anger? How do you usually respond when you get angry or upset?
3. James asked the question in chapter 4:1 "What is causing the quarrels and fights among you? What are some things that might cause us to be angry? Where did James say the real battle wages?"
4. "We want to change our circumstances when God wants to change us." Your thoughts on this statement?
5. Read Matthew 16:21-25. What was the solution that Jesus offered in vs. 24. (crucified or submitted life) How might you define the crucified or submitted life? Give examples?
6. What are the consequences of unresolved anger?

### **Looking ahead:**

If anger is an area that you wrestle with, is it possible for you to see that the real issue lies within your heart? If you don't know if anger is an issue for you, you can always ask the opinion of a trusted friend or family member?

### **Challenge:**

Change begins when we acknowledge our sin and ask the Lord to change us. How will you respond? Blaming others for your anger will only prolong your pain. Are you willing to say, Lord here i am...the old song says, Have thine own way Lord, Have thine own way...you are the potter and i am the clay, mold me and make me, after thy will, while i am waiting, yielded and still—How will you respond?

***Read through the New Testament in 2017 - This week's reading - Mark 8-12***



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February 19, 2017

## SERMON SERIES: Inside - Out

An angry person starts fights; a hot-tempered person commits all kinds of sin.  
Proverbs 29:22

Short-tempered people do foolish things and schemers are hated. Proverbs 14:17

Root of Depression—our \_\_\_\_\_ or way of \_\_\_\_\_

Man's solutions to anger:

1. \_\_\_\_\_ Way
2. \_\_\_\_\_ Way
3. \_\_\_\_\_ / 50

What are the real causes to frustrations and anger?

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? James 4:1

You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it; underline words fight and wage war. James 4:2

**Root cause of \_\_\_\_\_: thinking that we deserve \_\_\_\_\_, but we don't have access to it or that our rights have been violated—and then we want the other person to fix it.**

\_\_\_\_\_ focus to internal \_\_\_\_\_.

The battle isn't about \_\_\_\_\_ but about me.

**"We want to change our \_\_\_\_\_, when God wants to change \_\_\_\_\_!"**

*"Search me o god, and know my heart test me and know my anxious thoughts. 24  
point out anything in me that offends you. and leads me along the path of  
everlasting life" Psalms 139:23-24*

**Three things to die to:**

**1. Daily die to \_\_\_\_\_.**

*"My old self has been crucified with Christ.[a] It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me" Galatians 2:20 NLT*

**2. Daily die to \_\_\_\_\_.**

*Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Galatians 5:24*

*So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshipping the things of this world. Colossians 3:5*

*We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. For when we died with Christ we were set free from the power of sin. Romans. 6:6-7*

**3. Daily die to this \_\_\_\_\_.**

*When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. Galatians 5:19-21*

**What are holding you holding on to at the expense of real change?**

*Therefore, come out from among the unbelievers and separate yourselves from them, says the Lord. Don't touch their filthy things, and I will welcome you and I will be your father, and you will be my sons and daughters says the Lord almighty. 2 Corinthians 6:17*

**"Real change happens when we give God the key to our heart!"**