

**SERIES - THE WORLD'S GONE MAD**

Week 1 - Mad at Me

**BIG IDEA**

God heals our internal conflict when we embrace grace.

**SCRIPTURE**

Romans 3:23-24 (NLT), 2 Corinthians 7:10, Ephesians 1:3-6 (NLT)

**ICEBREAKER & OPENING THOUGHT**

1. On a scale of 1 – 10, how easy is it for you to get angry?
2. NBC News and Esquire magazine surveyed 3,000 Americans in 2016 and found that 50% of people were angrier than they were the year before. 70% of us get angry at least once a day over something we read or hear on the news. What do you think about these statistics?

**PERSONAL REFLECTION AND GROUP DISCUSSION**

3. When it comes to anger, we can be mad at things, situations, other people, and ourselves. The latter we call: mad at me! Which of these four would you say gets you angry the most?
4. We can get mad at ourselves for what we have done and what we have not done. Of the times you get mad at yourself, is it for things you've done or haven't done?
5. How might our level of anger towards ourselves or others be influenced if we began to believe people were doing their best given the circumstances, or if we believe we are doing the best we can at the moment?

**BIBLE DISCUSSION**

6. Read Romans 3:23-25. What does this passage have to say about us? What might it say about lingering guilt we may feel about our failures and sins?
7. Read Ephesians 1:3-14 NLT. Name all of the spiritual blessings mentioned in this passage. How might this inform the way you see yourself? How could you carry this reality with you daily?
8. Read 2 Corinthians 7:10. Godly sorrow leads to repentance, while worldly sorrow is when we are mired in guilt and negative feelings about ourselves. What has been your experience with Godly sorrow and/or worldly sorrow? (See the leader's guide for more information on the two).

**CHALLENGE**

God's grace erases your failures; God's grace defines your identity, and God's grace guarantees your future. The challenge for all of us is to embrace grace and not to allow what has happened or didn't happen to have any power in your life. If we are going to release the anger we have towards ourselves, we need to embrace the grace Jesus has offered to us. How can we do that this week?