

**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)

**LEADING THE DISCUSSION**

- Try to keep the opening questions about self-anger on the lighter side. There will be time later in the discussion to go deeper.
- As you discuss anger in your group, it would be helpful to keep in mind that anger is a secondary emotion, which “protects” underlying emotions. Do a Google search for “The Anger Iceberg by John Gottman” to learn more.
- To see the study referenced in the guide, do a Google search for “American Rage: The Esquire NBC News Survey”
- Don't let the group get hung up on theological debates when reading Ephesians 1, especially around the topic of predestination. There are multiple, legitimate ways of understanding and articulating the doctrine of predestination. If people get hung up on that help them see the broader point that God decided a long time ago to create a community we know of now as the church.
- When it comes to 1 Corinthians 7:10, Godly sorrow is other-focused whereas worldly sorrow (or guilt) is me-focused. For example: If I spill coffee on you while we are out to lunch, worldly guilt is me-focused and says, “I'm such an idiot! I don't know why anyone would want to be friends with me. I can't believe I did that.” Godly sorrow, in contrast, is other-focused saying, “I'm so sorry. Let me help clean that up. Can I pay for your dry cleaning?”
- God has forgiven us and our guilt has been taken away. So anytime we have guilty feelings that are me-focused, those are not from God, but are a worldly sorrow or guilt.