



MESSAGE REVIEW

Just behind the global pandemic happening in our world right now, another pandemic rages – the mental and emotional health pandemic. Public health challenges, economic strain, social tension, and political division have led to increased anxiety, depression, addiction, and anger. And while anger itself isn't necessarily a sin, anger that isn't handled and processed in a godly way can be destructive. The call of Christ on our lives is to give up control to the One who is in control. The antidote to anger is grace.

WARM UP QUESTION

Do you consider yourself more proactive or reactive? Do you have a funny story to share as an example?

- 1** **Read Exodus 17:1-4**. Describe the scene of these four verses. Why are the Israelites traveling from place to place according to verse 1? Instead of taking their complaints to God, who do they complain to?
- 2** Have you ever done something similar – been angry about a situation and just complained, or let your anger come out sideways against the wrong people? How is this testing the Lord, as Moses says? Who does Moses take his complaint to? Do you think God wants to hear our complaints?
- 3** **Read Exodus 17:5-7**. What do you think is the significance of each of the things God tells Moses to do and to take with him in verse 5? When has isolation from other like-minded people caused anger in you? What do you learn about God from this passage (see also Psalms 103:8)?
- 4** **Read Proverbs 14:29 and 15:1**. What makes you angry and how do those things compare to what makes God angry? How do you know when your anger has crossed the line into sin? What steps do you need to take to gain more self-awareness (understanding) in this area?
- 5** **Read 1 Peter 3:8-9**. What does Peter tell us to do and not to do? When are you most likely to stereotype people from a distance? To speak your mind instead of listening with an open mind? To react instead of responding? Pick just one area to focus on this week and pray for each other.

RESPOND

What have you learned about God from His Word? How is He asking you to apply it to your life? When will you apply it?

Encourage group members to read Daily Bible Reading on the church app or have it delivered to their inbox daily. Subscribe at tpcc.org/dbr. Use your group chat to check in on thoughts about these throughout the week!