



## **UNFOLDED: Straight to the Heart** September 30<sup>th</sup> / October 1<sup>st</sup>

Speaker: **Dr. Dick Foth**

Scripture Focus: [Matthew 5:17; 21-24](#)

### **Note to Leaders:**

This weekend we talked about how to deal with anger. These questions provide a framework to prompt or foster discussion. Don't feel you have to use all or any of these questions and you don't have to make it to the end! Use the questions that best fit your group and let discussion flow. You can also use these questions on your own to dive deeper into this week's sermon.

### **Sermon Series Questions:**

1. What did God reveal to you?
2. What are you going to do about it?
3. What is one element of God's character you learned?

### **Specific Questions:**

1. What people, events, or offenses trigger anger in your life? How do you deal with that emotion when it arises? Directly or indirectly? Aggressively or passively?
2. Read [Mark 3:4-6](#), [Mark 10:13-14](#), and [John 2:15-17](#). What can we learn from Jesus about when and how to respond to anger?
3. Have you ever been angry or frustrated with God? What happened?
4. How can you keep the feelings of anger or frustration from sticking to your heart?
5. Dallas Willard asserted that, "There is nothing that can be done with anger that cannot be done better without it." What is your response to this statement? Why?

## Digging Deeper

This section provides additional resources, activities, and/or questions that can be done during group or personal devotional time.

### Doable Discipleship

#### *Post-it Note Anger*

Dr. Foth challenged us to not stick anger to our hearts with gorilla glue, but with post-it notes. This activity will provide a visual reminder of how anger and frustration should be temporary and prompt a response of reconciliation.

1. Choose one day out of the week to write on a post-it note any people, events, and/or offenses that triggered your anger or frustration throughout the day.
2. At the end of the day, read all of the post-it notes.
3. Reflect on the ways to reconcile the situations written on the post-notes:
  - Are there any people you need to text or contact tonight?
  - Are there any situations you need pray about tonight?
  - Who can hold you accountable to reconcile any of these situations?

### Recommended Resources

*The Divine Conspiracy: Rediscovering Our Hidden Life in God (2014)*

By Dallas Willard

Found at: [www.amazon.com](http://www.amazon.com)