

Week One

Recommended Books

The Bait of Satan by John Bevere

Waking the Dead by John Eldridge



Tell a story about a time you were offended. What are some things that most offend you?

Choose one or two of the things that most offend you. Why do those things offend you?

What is your most common reaction to being offended? (defensiveness, anger, revenge)

Regarding the story you told in #1, what was your reaction to that offense? Are you still holding onto the anger? What is your relationship with that person now?

Read Ephesians 4:26, 31-32. What does God tell us to do with our anger? According to the passage, what is one way to do that? What are some other ways that you can get rid of anger related to an offense?

Scripture

In your anger do not sin: do not let the sun go down while you are still angry, and do not give the devil a foothold. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

-Ephesians 4:26, 31-32