



The Art of Living, Week #6
Controlling Your Temper

HIGH SCHOOL AND ADULT GROUP DISCUSSION QUESTIONS

GROUP PREP

In preparation for group, [watch Emmanuel's weekend service message](#), then answer the following discussion questions.

SOCIAL TIME (10-15 minutes)

Choose from one of the ice breakers on Emmanuel's [leader tools](#), or create your own.

CHECK-IN (15-20 minutes)

Ask your group members to share what completing their action step has shown them. Last week's question was, *"What would it look to honor God with your sexuality?"*

GROUP DISCUSSION QUESTIONS (45-60 minutes)

Everyone wants a successful life, but we often face hardships that lead to feelings associated with defeat. Statistics about depression, anxiety, and incarceration show that living a successful life is not automatic. Still, when we spend time in scripture, we discover that a successful life is rooted in controlling our temper.

1. How have you witnessed destruction because someone didn't control their anger?

Anger becomes a problem when we lose control. When is anger healthy, and what are some signs that it has become unhealthy or harmful?

Can you think of a time recently when your anger became unhealthy?

2. Read [Proverbs 14:29](#). King Solomon says that "people with understanding" are able to control their anger. What does he mean by this?

Why do you think King Solomon calls people who lose their temper "foolish?"

3. Read [James 4:1](#). Anger is produced when things don't go our way. It could be a response to insecurity, hurt, fear or feeling misunderstood. What initial emotions, or triggers, often result in your loss of temper?

Here are three ways to deal with anger in a healthy way.

- **Chill out.** [Read James 1:19-20](#). When your temper begins to boil, what could you do to chill out?
- **Let it go.** Read [Proverbs 19:11](#). How does it bring us glory to overlook an offense?



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- **Prepare to be offended.** What could you do daily to prepare your heart and mind for offenses that will take place?

4. What areas of your life would be better if you controlled your anger? Going forward, what's your plan?

ACTION STEP (10-15 minutes)

Choose one of the following or create your own.

- **Fast.** The spiritual discipline of fasting is denying our body from what it craves, which is food. We lose our temper because we don't get what we want (ref. James 4:1). Practice not giving your body what it wants by fasting. [How To Fast Safely](#)
- **Read** one chapter from the book of Proverbs each day over the next 30 days. This could be a great challenge to focus on as a group.
- **Daily time with God.** Determine the type of routine you'd like to have to spend time learning about what pleases God. Here are some ways to do this:
 - o [Download the Emmanuel app](#) and read the One Year New Testament daily.
 - o [Download the YouVersion app](#) and find a devotion you can do daily.
 - o Purchase a [Jesus Calling](#) devotional and read it daily.
 - o Devote time daily to using the [Bible Project](#) and the video teaching offered.
- **Pray.** Seek discernment by devoting time every morning and night to praying on your knees. A penitent position can change our mental posture.

FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.

My action step is _____.

This coming week, I will encourage _____ to complete their action step.

Their action step is _____.

My memory verse is _____.

This coming week, I will pray for the group's following prayer requests:



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PRAYER (5-10 minutes)

Give everyone in your group an index card. Ask them to write their name and action steps on one side and a prayer request on the other. When finished, have everyone pass their cards to the left. Everyone in the group now has someone to connect with throughout the coming week for three reasons:

- 1) To build the relationship
- 2) To encourage to accomplish their action step
- 3) To pray for in a specific way

Ask them to place the index card on their nightstand or another place that would allow them to see it and use it every day.

GROUP SERVING OPPORTUNITIES

To determine how your group can serve together in the surrounding community, email Breanne Schafer, Emmanuel's Outreach Coordinator, at bschafer@eclife.org.

UPCOMING EVENTS

October 15 | [1824](#)

October 24 | [Help Build Hope](#)

October 30 | [Trivia Night for Singles](#)

November 1 | [VERB](#)

November 6 | [Middle School Retreat](#)

More information on all of these events can be found at eclife.org.



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MIDDLE SCHOOL OBJECT LESSON
& GROUP DISCUSSION QUESTIONS

1. Read [Proverbs 15:1](#). If you yell at others, what do you think they will do back?

When have you seen damage caused because someone didn't control their temper?

2. Instead of getting angry, it's always better to control our temper, but how do we do that?
Read [Luke 6:45](#).

When we store up good in our hearts, we are able to control our temper and our mouth.

OBJECT LESSON:

You will need a two 2-liters of Diet Coke and a package of Mentos for this experiment.

The first bottle represents someone who has stored up good things in their heart. Leave the lid OFF the first bottle for a few hours so all the carbonation is drawn out.

This second bottle represents someone who has NOT stored up good things but has anger and bitterness in their heart. Keep the lid ON the second bottle to keep all the carbonation in.

The Mentos represent harsh words. Take a sharpie and right harsh words on each of the Mentos.

If you drop a mento into the diet coke that represents a "good heart," it will not explode.

If you drop a bunch of mentos into the diet coke that represents a heart of bitterness, it will explode everywhere!

The lesson is... The best way to not get angry is to store up your heart with good things, like time with God, prayer, Bible verses, positive thoughts, etc.

3. In what ways can we store up good things in our heart?

What will you do this week to fill your heart with good?

PRAYER (5-10 minutes)

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UPCOMING EVENTS

October 4 | [VERB](#)

October 7 | [Night of Worship](#)

October 12 | [Impact Night and Impact 101](#)

If you have never served before, join us for Impact 101. Just text 101 to 65248 to reserve your spot. If you are already a part of our Impact Team, text TEAM to 65248 to let us know you will be there!)

October 15 | [1824](#)

November 6 | [Middle School Retreat](#)

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