

SG

Your *group* matters.

DISCUSSION GUIDE

- Icebreaker -

What were the best and worst things from your week...? (We want to celebrate with you and encourage you!)

1. What are three things from chapters 1-4 of Unoffendable that will change how you think, act, react or see the people around you this week?
2. Read [James 1:19-20](#). How does God's desired outcome differ from what our human anger generally produces?
3. While anger can be the result of any number of things, [Ephesians 4:26-27](#) tells us what its result always is. How can you identify and disarm your triggers, denying Satan a foothold in your life? (See your message notes for a list of triggers.)
4. Pastor Tom walked us through the progression of anger found in [Ephesians 4:31](#). Take some time to talk through the six steps and how you can recognize them in yourself.
5. What is your natural response to anger (express it, suppress it, repress it or confess it) and what steps, with hindsight, should you be taking towards the confess it option?
6. In the message, Pastor Tom challenged us to lower our expectations of others ([2 Timothy 3:1-5a](#)) and raise our gratitude for God's grace ([Ephesians 2:8-9](#)). Which of these will you be working on this week?

If you are not part of a small group, participate in **GROUPLINK** today after the service! (In Big Lake, head to the Cafe; in Sauk Rapids, head to the foyer; online - go to MYRC.CHURCH/GROUPFINDER)

Read Chapters 1-4 (pages 1-29) of **Unoffendable** before you go to small group.

WEEKLY READING



RIVERSIDE CHURCH



WHAT DOES IT MEAN TO BE...

UNOFFENDABLE?

SEPTEMBER 18, 2022

MYRC.CHURCH



"BOILING POINT"

Pastor Tom Lundeen

MESSAGE NOTES

...we live in a _____ Culture world where people are constantly either in the state of being offended, or looking for a way to be offended. Is it _____ possible to live an unoffendable life?

Note [James 1:19-20](#)

Anger doesn't happen in _____; it's usually triggered by something else.

1. What _____? (note [Ephesians 4:26-27](#))

- A. _____ - anger can be a _____. Emotional hurts are often tough to cope with and they become a _____ for anger.
- B. _____ - anger often follows fear _____. *Over a long period of time, lots of worry produces fear, lots of fear produces anger... and the results are usually lots of _____.* (Carty)
- C. _____
- D. _____ - _____ or perceived.

2. The _____ of Anger

Anger has a _____ progression (note [Ephesians 4:31](#)).

- _____ (note [Hebrews 12:15](#))
- *Rage/wrath = hot _____*
- _____ = *flaring-up*
- _____
- _____
- _____

Anger greases the skids to the _____ of unforgiveness. When an unforgiving spirit is present, then people get _____.

3. _____ to Anger

- A. _____ it
- B. _____ it
- C. _____ it
- D. God's way = _____ it - get God's _____ (note [Numbers 16:15](#)).

4. How Can We Learn to _____ of Anger?

- A. _____ your expectations of others - imperfect people are _____ consistent in being imperfect, including how they relate to you. Note [2 Timothy 3:1-5a](#). Jesus was never _____ that sinners sin. We all _____.
- B. _____ your gratitude for God's grace - How many of us _____ God's love? What does God _____ you and me? Note [Ephesians 2:8-9](#); [John 8:3-11](#)...It's time to drop your _____.

CAN I LIVE AN UNOFFENDABLE LIFE?:

([Ephesians 4:31-32](#), PHILLIPS) - Let there be no resentment, no more _____ or temper, no more violent self-assertiveness, no more slander and no more malicious remarks. Be kind to each other, be understanding. Be as ready to forgive others as God for Christ's sake has forgiven you.

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy).

*[MyRC.link/connect](#) or text **riverside** to **94000**



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"BOILING POINT"

Pastor Tom Lundeen

MESSAGE NOTES

...we live in a Cancel Culture world where people are constantly either in the state of being offended, or looking for a way to be offended. Is it actually possible to live an unoffendable life?

Note [James 1:19-20](#)

Anger doesn't happen in isolation; it's usually triggered by something else.

1. What Sets Me Off? (note [Ephesians 4:26-27](#))

- A. Hurt - anger can be a reflex. Emotional hurts are often tough to cope with and they become a breeding ground for anger.
- B. Fear - anger often follows fear closely. *Over a long period of time, lots of worry produces fear, lots of fear produces anger... and the results are usually lots of footholds.* (Carty)
- C. Frustration
- D. Injustice - real or perceived.

2. The Journey of Anger

Anger has a definable progression (note [Ephesians 4:31](#)).

- Bitterness (note [Hebrews 12:15](#))
- Rage/wrath = hot coals
- Anger = flaring-up
- Brawling
- Slander
- Malice

Anger greases the skids to the morass of unforgiveness. When an unforgiving spirit is present, then people get hurt.

3. Responses to Anger

- A. Express it
- B. Suppress it
- C. Repress it
- D. God's way = Confess it - get God's perspective (note [Numbers 16:15](#)).

4. How Can We Learn to Let Go of Anger?

- A. Lower your expectations of others - imperfect people are perfectly consistent in being imperfect, including how they relate to you. Note [2 Timothy 3:1-5a](#). Jesus was never shocked that sinners sin. We all mess up.
- B. Raise your gratitude for God's grace - How many of us deserve God's love? What does God owe you and me? Note [Ephesians 2:8-9](#); [John 8:3-11](#)...It's time to drop your stone.

CAN I LIVE AN UNOFFENDABLE LIFE?:

([Ephesians 4:31-32](#), PHILLIPS) - Let there be no resentment, no more anger or temper, no more violent self-assertiveness, no more slander and no more malicious remarks. Be kind to each other, be understanding. Be as ready to forgive others as God for Christ's sake has forgiven you.

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