

GroupWork

Bible Study Discussion Starters

Life application materials for use in Life Groups, home devotions, and other small groups.

1. Who is a “father-figure” in your life for whom you want to give thanks to God?

2. Choose an example of something that lots of Christians are angry about right now (for example, politics, abortion, sexual identity). Has that anger helped or hindered the Christian church from sharing the gospel?

3. Read Ephesians 4:25-32.
 - a. Discuss the question in the message outline: “‘Be angry, and sin not.’ Is that a command to be angry or a statement of fact?”

 - b. Discuss the relationship between the warning not to grieve the Holy Spirit (v. 30) and the command to get rid of bitterness and anger (v. 31).

4. Read Psalm 4. Often anger consumes us in middle of the night as we fume about what someone said or did to us or what they didn’t say or do. Comment on each stanza below. What phrase or promise can the Holy Spirit use to give you peace of mind (the Hebrew “shalom” that everything will be all right) so that you can go to sleep?

¹ Answer me when I call to you, my righteous God.
Give me relief from my distress; have mercy on me and hear my prayer.

² How long will you people turn my glory into shame?
How long will you love delusions and seek false gods?

³ Know that the LORD has set apart his faithful servant for himself;
the Lord hears when I call to him.

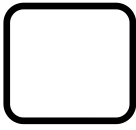
⁴ Tremble and do not sin; when you are on your beds, search your hearts and be silent.

⁵ Offer the sacrifices of the righteous and trust in the LORD.

⁶ Many, LORD, are asking, “Who will bring us prosperity?” Let the light of your face shine on us.

⁷ Fill my heart with joy when their grain and new wine abound.

⁸ In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.



NoteSheet

Sermon Outline

Take notes during the sermon to help you remember the main points.

Unoffendable

A Call to Humility

Ephesians 4:26-32

We Christians often think we are entitled to be angry. We are angry with the way people mistreat us. We are offended by sinful lifestyles in our society. But are we entitled to this anger? What if Christians were the most unoffendable people on the planet? Could it be that giving up our right to be angry over every and any offense could be our greatest witness to the power of Jesus Christ in our lives?

1. Humbly admit that “righteous anger” is the “One Ring” too heavy to carry.
 - a. “Be angry, and sin not.” Is that a command or a statement of fact? (Ephesians 4:26)

Tremble and do not sin; when you are on your beds,
search your hearts and be silent.
Offer the sacrifices of the righteous and trust in the LORD (Psalm 4:4-5).
 - b. Speak truthfully to yourself (Ephesians 4:25).
 - “Everybody’s an idiot but me. I’m awesome” (page 11).
 - “We have no idea what is in someone else’s heart. We don’t know the backstory” (page 15).
 - c. “Righteous anger” becomes the devil’s foothold (Ephesians 4:27, 30-32).
2. Trust the Only One who is able to bear the weight of this “One Ring” (Romans 12:17-21).
 - a. The LORD is the only one who is not an idiot.
 - b. The LORD is the only one who searches hearts.
 - c. The LORD is the only one who is perfectly merciful and perfectly just.
3. Cast the “One Ring” daily into the fire of God’s mercy and justice. Sleep in peace (Psalm 4:8).

My Next Steps

- **Learn More:** Join us for each of these “Unoffendable” messages. Hear the call for mercy (June 26), the call to rest (July 3) and the call to work (July 10).
- **Dig Deeper:** Pick up a copy of *Unoffendable: How Just One Change Can Make All of Life Better* at the Welcome Center. The cost is \$10 each. Place the \$10 into the envelop in the book and put it into the offering.
- **Sleep in peace:** Read Psalm 4 each day this week as part of your bedtime prayers. The LORD will hear you as you call to him.