



SMALL GROUP LEADER GUIDE

Vibes / Anger

So How Does This Work?

You've probably noticed the whole world has changed in different ways. And, your group time may be changing, too. This adaptation is a tool to help you integrate teaching time with small group time so that the message is broken up and discussed along the way.

IF YOU ARE USING A TEACHING VIDEO

The speaker will pause at key moments and questions will appear on screen. Remember, to pause the video and give your group time to discuss. Your church may give you a specific amount of time or leave it up to you. When the conversation is ready to transition, start up the video again.

After the video, be sure to wrap up with more discussion if needed or prayer time. And don't forget to check out the "Try This" section of your Small Group Leader Guide.

IF SOMEONE IS COMMUNICATING LIVE

The speaker will pause at key moments and give your groups time to discuss. Whether you're meeting digitally or in a small group in person, the communicator should give you an idea of how long you have to chat and which questions to discuss.

After the talk, be sure to wrap up with more discussion if needed or prayer time. And don't forget to check out the "Try This" section of your Small Group Leader Guide.

Don't Forget

Read Ahead

No matter where or how you lead your group, it's important to spend a few minutes preparing. Take time to read the THINK ABOUT THIS section which will set you up to meet your students right where they are. And don't forget the GOAL OF SMALL GROUP which will point your conversation in the right direction.

Make it Personal

Remember, nobody knows your group quite like you. Just because a question appears on a piece of paper or on screen doesn't mean you have to ask it or use the same words. Ultimately YOU are guiding the conversation for your group. So feel free to add, delete or adapt questions to meet their needs.

Let them know what is happening

Chances are your few are curious what group will look like if you're changing formats. At the beginning of group time, give them an idea how the format may have changed so they will know what to expect.

BEFORE GROUP

BOTTOM LINE

Because of Jesus, anger doesn't have to be the boss of you.

SCRIPTURE

James 3:13-14 NIV, James 3:16 NIV, James 4:1-2 NIV, & Philippians 2:6-7 NIV

GOAL OF SMALL GROUP

To help students see how anger can be good, but it can also become a controlling and harmful force and invite them to take their anger to Jesus and ask for Him to lead them.

THINK ABOUT THIS

At this phase, high schoolers experience strong emotions but aren't always aware that they still have control of their actions, even when emotions are running high. You may hear them use phrases like, "I can't help it. They made me so mad," or "That's just what I do when I'm mad. It is what it is." As a leader, it can be helpful to teach them the skill of looking for what they can control when their emotions feel out of control. For example, they may feel enraged, but they can control their words, whether they stay in the room, choosing to pray, their breathing, or going for a walk.

Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.

DURING GROUP

DISCUSSION QUESTIONS

After the first break, discuss these questions:

1. Think about a scene from a TV show or movie where a character was angry (Squidward from SpongeBob, for example) What kind of anger were they feeling? Why do you think they got that angry?
PART OF THE XP—Note to the Small Group Leader: In order to use the feelings wheel take some time to explain what it is and how to use it. Simply start in the center, then move outwards. Then ask the question #2.
2. Using the Feelings Wheel, ask: Which of these feelings is hard for you to admit you feel?
3. Look at the anger section of the emotions wheel. Choose one of the words that you most associate with anger (Note: Try to start with "humiliated"). For that word, what do you do when you feel that emotion?

After the second break, discuss these questions:

4. Can you share a time where you've seen hallway or road rage?

After the third break, discuss these questions:

5. Read James 4:1. How would you answer this question? How would most high schoolers answer this question?
6. What percentage of your anger is caused by not getting your way?
7. Have you experienced people around you blaming their anger on others instead of owning their own emotions? Why do you think it can be easier to believe that anger is caused by something or someone else rather than something inside us?

After the fourth break, discuss these questions:

8. If someone were watching you, what would be some clues or cues that you are angry? What could they do to help you?
9. Jesus does not want you to be controlled by your anger. What are practical ways you can go to Jesus with your anger? How can this group help you control your anger?

TRY THIS

Encourage your students to be proactive in their anger. Say something like this: The next time you are angry, text someone and have them ask you "what kind of angry are you?" and help you work through that anger and control it.
