



Unoffendable

Week 1: Do you have a Choice?

CCV Groups Discussion Guide

OPENING QUESTION:

What's your most effective strategy to let go of anger: breathing/relaxation, doing something active (gym, running), counting to ten, etc?

GROUPS VIDEO GUIDE

READ:

[James 1:19-27](#)

DISCUSS:

- What are things that trigger anger in you? (Have some fun with this).
- Do you trust that you have the ability to evaluate whether your anger is 'righteous' anger?
- Do you think anger helps fight injustice? Why or why not?
- What does it mean to pre-decide to be unoffendable? How would you explain that to a friend?

GROUP CHALLENGE:

Brainstorm steps we could take this week to help us pre-decide to be unoffendable.

TAKE HOME QUESTIONS:

Table Talk (a question to ask your family): What family rules could we establish about how our family is allowed to respond to anger?

Water Cooler (a question to ask at work): Do you think it is possible to be unoffendable?

PRAYER:

For our prayer time, let's pray silently about a person who has offended us / made us

angry. When you are ready, say their name out loud. Delegate one person to close in prayer.

SCRIPTURES:

Ephesians 4:31, “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

Proverbs 18:19, “A brother offended is more unyielding than a strong city, and quarreling is like the bars of a castle.”

1 Peter 2:23, “When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.”

James 1:19, “Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.”

Ephesians 4:2–3, “With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.”

Ephesians 4:26–27, “Be angry and do not sin; do not let the sun go down on your anger, and do not give the devil a foothold.”

Ephesians 4:32, “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Luke 17:4, “And if he sins against you seven times in the day, and turns to you seven times, saying, ‘I repent,’ you must forgive him.”

Ecclesiastes 7:9, “Be not quick in your spirit to become angry, for anger lodges in the heart of fools.”

Proverbs 29:11, “A fool gives full vent to his spirit, but a wise man quietly holds it back.”

Matthew 5:22, “But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire.”

Esther 5:9, “And Haman went out that day joyful and glad of heart. But when Haman saw Mordecai in the king's gate, that he neither rose nor trembled before him, he was filled with wrath against Mordecai.”

Psalms 139:23–24, “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”