



Week of October 1
Unoffendable: Anger Management¹

Overview:

Would it surprise you to hear someone say, “We are not entitled to get offended or stay angry at other people”? That’s the premise of Brant Hansen’s book “Unoffendable.” Not only will you be challenged to love and forgive in ways you never imagined, you’ll also learn how Jesus’ teaching leads us toward a life of peace, justice, and flourishing. When you understand some of the physiological effects of anger, you’ll be more convinced that living “unoffendable” is not only possible, but desired.

Group Objectives:

Relationships and Life Transformation are the primary purpose of community groups.

- Reflect on this past Sunday’s message and other devotional reading.
- Pray together and provide encouragement for other group members.
- Identify one specific practice you can implement this week to avoid responding in anger.

DNA statement(s) tie-in:

- *We are Empowered by the Holy Spirit.* The Holy Spirit within us enables us to live a life beyond belief – a life filled with joy, purpose, and power. We are empowered to live “unoffendable.”

Conversation Starters:

- What stood out to you from this week’s sermon?
- Can you think of a time where you rationalized your anger as “righteous”? What’s the difference between “feeling anger” and “responding in anger”?

Listening to God

- Where did you experience God last week? How were you able to join God on mission?

Learning from God’s Word: Bible Study Discussion

Choosing to be “unoffendable” starts with having the same perspective that Jesus has. Paul describes it as “regard[ing] others as better than [y]ourselves” (Phil 2:3). When we focus on seeing others as God sees them, we can let go of the “right: to be offended at every person (or ideology) that differs from our own.

As we allow the Holy Spirit to sanctify us, we will display God’s character in our own actions and words. Our choice to obey God and walk in the Spirit helps us to partner in our sanctification.

¹ This discussion guide was adapted from Brant Hansen’s bible study guide for “Unoffendable,” and written by Dawn Gentry.

Read James 1:19-26

- What stood out to you from these verses as we read them?
- What are some of the benefits of being “quick to listen, slow to speak, and slow to become angry”?
- How do these verses contribute to your understanding of why anger is harmful?
- How do our choices impact the work of the Word and the Holy Spirit in our lives?
 - What does James say about taking action?

Read Ephesians 4:26-27, 29-32

- Verse 26 seems to indicate that the anger itself (as a feeling) is not sinful, but our response to anger may be. What are some physical signs that help you notice the emotion of anger?
 - How can that help you recognize and respond to it in healthy ways?
- What are some words that “build others up”? In contrast, how do words spoken in anger **not** build others up?
- What specific “practices” do you notice in this passage? Which could you implement this week?

Leaning into Obedience:

- How do you sense God calling you to respond to these passages?
 - Is there an example to follow? A command to obey?
- How can the group encourage you this week as you respond?

Prayer Prompts:

- Invite members of the group to share requests.
- Allow time for silent reflection on the following prompts.
 - Invite the Holy Spirit to reveal opportunities to release anger.
- Read this psalm aloud and pray for God’s character to be revealed in us:

Psalm 103:8-13

The Lord is compassionate and gracious, slow to anger, abounding in love.

He will not always accuse, nor will he harbor his anger forever;

He does not treat us as our sins deserve or repay us according to our iniquities.

For as high as the heavens are above the earth,

So great is his love for those who fear him;

As far as the east is from the west, so far as he removed our transgressions from us.

As a father has compassion on his children, so the Lord has compassion on those who fear him.

For further study:

- Brant Hansen, *Unoffendable*. Brant has lots of online content available [here](#) and his podcast is available at <https://www.iheart.com/podcast/263-brant-sherri-oddcas-29945421/>
- Timothy Keller, *Forgive: Why Should I and How Can I?*
- Thomas A Kempis, *The Imitation of Christ*
- Bible Project videos: <https://bibleproject.com/explore/video/slow-to-anger/> and <https://bibleproject.com/explore/video/gospel-kingdom/>