

EP 254: REDIRECTING ANGER IS POSSIBLE

John L. Mack

Open in Prayer

Ice Breaker (use this one or make up your own)

Would you rather eat a stick of butter or drink a bottle of tabasco sauce?

Discussion Questions

1. Have you ever felt justified to be angry at someone or something? Can you share the experience?
2. Can you name a time where you were righteously indignant? Can you distinguish between self-justified anger and righteous indignation?
3. Dr. Jonny gives an ANGER acronym where the E-R stands for Emotional Response. Why as men is it important to focus on our emotional responses?
4. What is the difference between Responding and Reacting?
5. Can you name at least one empowering question that may help you slow down your emotional responses?

Legacy in Action

What could you, or your group, do between now and the next meeting to bless others? For some ideas, please visit www.LegacyMindedMen.org/groups

Close in Prayer

At this time, you could ask for prayer requests from the men.

**Note: We recommend that each man watch the video Lesson prior to the meeting to ensure maximum impact. If not watch as a group.*