



**A Growth Group is one of the best ways to get to know people at Heartland and grow in your spiritual journey as you discuss the weekend message and how it applies to your life.**

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## **En Fuego: The Arsonist** - July 24th and 25th

1. Have you ever struggled with a feeling of being devalued by others? In what ways have you recently felt disrespected? How has that triggered anger in you?

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2. How is your irritability factor these days? What seems to set you off? Frustrate you? What do you think the root cause is?

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3. There are different expressions of anger. How would you describe your "anger expression" style? Suppress it, explode, aggressive, passive aggressive, etc.?

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4. Mike Breaux talked about the danger of swinging between "denying and dwelling on anger" According to Hebrews 12:15 why is it so important to dig it up and deal with it?

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5. Why is it so important to anchor yourself in truth? Read James 1:19-20; Ephesians 4:26-32; Colossians 3:7-10; Proverbs 19:19, 22:24-25, 15:1, 29:22, 17:27, 11:29.

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### **Scripture References:**

James 1:19-20  
Proverbs 14:10  
Proverbs 29:11  
Proverbs 20:3  
Hebrews 12:15  
Proverbs 11:29  
James 1:19-20

Colossians 3:8  
Ephesians 4:31-32  
Colossians 3:7-10  
Proverbs 10:19  
Proverbs 17:27  
Proverbs 21:23

Ephesians 4:26-27  
Ecclesiastes 7:9  
Proverbs 15:1  
Proverbs 17:14  
Proverbs 29:22  
James 3:2-8