

# VIBES



WEEK 2: ANGER - 10.10.21 & 10.13.21

## MAIN POINT

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

## SCRIPTURE

James 3:13-14 & 16

James 4:1, Philippians 2:6-7

## 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.*

## DISCUSSION QUESTIONS

### THE CHECK IN

- How was everyone's week? Highs & Lows
- Someone recap the main point of the message.
- What was something that surprised you about this message?

### THE WORD

- *What does it mean to live in wisdom? (READ JAMES 3:13)*
- *How would you answer the question that James asks in James 4:1? (READ JAMES 4:1)*
- *Do you agree that our anger is caused by not getting our way? Why or why not?*
- *Why do you think it can be easier to blame someone or something else for your anger?*
- *Why is Jesus the ultimate example of humility? (READ PHILIPPIANS 2:6-7)*

### APPLICATION

- If someone were watching you, what can be some clues that you are angry?
- How can we notice when we are angry?
- What's one thing you can practice doing when you are angry not to let anger be the boss of you?

### COMMUNITY BUILD

- What are some good options we can do outside of church as a group together?

### PRAY

Today is a good opportunity to practice praying for each other – "pray for the person on your right." If they don't share anything specific, pray they would want to be more like Jesus in how they think, speak, and act! Pray they would make decisions "trusting God and His Word more than their feelings".

- How can we pray for each other this week?

### **JAMES 3:13-14 & 16 (NIV)**

13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. 14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth...16 For where you have envy and selfish ambition, there you find disorder and every evil practice.

### **JAMES 4:1 (NIV)**

1 What causes fights and quarrels among you? Don't they come from your desires that battle within you?

### **PHILLIPIANS 2:6-7 (NIV)**

6 Who, being in very nature God,  
did not consider equality with God something to be used to his own advantage;  
7 rather, he made himself nothing  
by taking the very nature of a servant,  
being made in human likeness.

---

### **NOTES**