



WK 2: DON'T GIVE THE DEVIL A FOOTHOLD

START HERE:

What is the one food, drink, or snack you cannot live without? What makes it so special?

VIDEO: [CLICK HERE](#)

READ:

[Ecclesiastes 7:9](#) & [Ephesians 4:26-27](#)

DISCUSS:

- Share about someone in your life who is quick to let go of anger?
- How could retaining anger affect how we live life?
- In addition to the practical tips mentioned in the video, what would you suggest could help us let go of anger?

Growth Challenge:

This week, commit to taking note of at least one time you didn't allow yourself to remain angry, but instead chose to let it go. When it does happen, you'll communicate within your respective group's group chat.

Prayer:

LEADER GUIDE

Pray that we choose to let go of anger and to trust God instead.

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."