



## WK 1: CAN YOU BE UNOFFENDABLE?

### START HERE:

What is a silly or small thing that gets on your nerves? You can have everyone raise a hand when one of these examples gets on their nerves: Loud chewing, loud breathing, bad parking, long lines, traffic, rude people, crying babies, hot weather, cold weather. Allow your group to add to this list.

**Video:** [CLICK HERE](#)

### READ:

[Exodus 32:15-19](#) & [James 1:19-20 NIV](#)

### DISCUSS:

- How would you describe an angry person? [Dictionary: Angry](#)
- “Human anger does not produce the righteousness God desires,” why then do you think we justify our anger at times?
- Why does protecting your testimony matter so much?

### Growth Challenge:

Take 2-4 minutes. Each group member rights their own challenge for the week. Ex: “This week, I will not allow traffic to get me angry.” THEN, read out loud down the line.

## Prayer:

Pray that we steward our testimonies well and choose to not take offense this week.

## 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.”