

Next Steps

“Next Steps” are ideas and opportunities to help you go deeper in your faith. They are different each week and linked to Sunday's message. Below you'll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church, and the world.

May 22, 2022 – Set Free – Anger

When was the last time you got angry? What caused the anger? Did you hold on to it? How did you learn to let it go?

What made Jesus angry: Read John 2:13-17

- How was this anger “righteous” and not personal?
- What did Jesus do with His anger?
- How can this be a model for evaluating our anger?

4 steps to overcoming anger

1. Count to 10: Read James 1:19

- Where do you need to stop and count to 10?
- In what relationships do you need to be “quick to listen”?

2. Talk It Out

- With whom do you need to have a difficult conversation?
- Pray for that person.
- Pray for the strength and grace to share your feelings.
- Ask someone to pray for you as you meet.
- If you need to “talk it out” with a counselor, start the process of finding someone this week.

3. Forgive: Read Ephesians 4:32

- Think of all the ways God has forgiven you.
- Make a list of these ways and come to terms with the depth of God's grace in your life.

4. Stay Connected to Jesus: Read Galatians 5:22-23

- How can the fruit of the spirit keep us from getting angry?
- What fruit do you need to cultivate in your life?
- What is one thing you can do this week to stay connected to Jesus?