

3. What is the formula for displacing and replacing anger from Ephesians 4:32?

4. Review James 1:2-4. Put in your own words how we are supposed to think differently about our trials and other otherwise anger-producing situations.

5. Read James 1:19-20. What directives does James pair with being "slow to become angry"? What reason does he give for these directives?

6. Pray and ask the Lord to show you what you need to know and what you need to do in response to what you've heard and read this week. Write here what comes to mind.

IN YOUR GROUP

TALK IT OVER with friends right now, using the **bold** questions above. In your Cornerstone Community group this week, discuss your answers to the ON YOUR OWN questions. In a one-hour online group session, you might spend a 10-15 minutes catching up, 40 minutes talking through the discussion questions above, and 15-20 minutes praying for one another and planning ways the group can meet needs and serve others.

CORNERSTONE COMMUNITY CHURCH

Mail: PO Box 1011, Concord, NH 03302-1011

Voice or Text: 603-225-2550

Email: CONTACTUS@CORNERSTONENH.ORG

WITH YOUR GENEROSITY YOU'RE PLAYING A PART IN
MORE PEOPLE SAYING YES! TO JESUS!

Give online at [CORNERSTONENH.ORG/GIVE](https://www.cornerstonenh.org/give) or text the amount you want to donate to 84321. Checks can be sent to our mailing address above.

STAY POSITIVE

07/11-12/2020

WATCH & LISTEN at [CORNERSTONENH.ORG](https://www.cornerstonenh.org)

Your name _____

Growth Guide

FOR THE WEEK OF JULY 12, 2020

CONNECT AT CORNERSTONE

Cornerstone is a group of Jesus' followers who aim to honor God by showing what he can do with and through lives surrendered to him. We believe following Jesus makes life better, and makes you better at life—and brings glory to God in the process. Let us show you how!

We want to welcome you personally!

Text NEW to 603-225-2550 right now wherever you are.

MORE PEOPLE SAYING "YES!" TO JESUS MORE OFTEN

THIS WEEK'S FOCUS

During this season we want everyone to...

MAKE PROGRESS SPIRITUALLY and
GO DEEPER RELATIONALLY.

To that end, each week of the Stay Positive series we're helping you make reading and responding to God's Word (the Bible) a habit with reading plans and discussion guides. This Growth Guide's **ON YOUR OWN** section is designed to help you do just that.

Additionally, we know you'll get more out of Cornerstone Online when you watch together. See [CORNERSTONENH.ORG/WATCHTOGETHER](https://www.cornerstonenh.org/watchtogether) for details.

TODAY'S MESSAGE

PURE JOY

STAY POSITIVE WEEK FOUR • TODAY: ANGER
EPHESIANS 4:22-32

THE BOTTOM LINE

THINK DIFFERENTLY, ACT DIFFERENTLY

Consider it pure joy, my brothers and sisters, whenever
you face trials of many kinds,
– James 1:2a NIV

REMEMBER...

*Our loving God is working in every situation
for our future good.*

REPLACE

Get rid of all bitterness, rage, anger, harsh words, and slander,
as well as all types of evil behavior. Instead, be kind to each
other, tenderhearted, forgiving one another, just as God
through Christ has forgiven you.
– Ephesians 4:31-32 NLT

EPHESIANS 4:31: TYPES OF ANGER

(FROM "FIGHTING THE FIRE" BOOK)

- Bitterness: A stubborn refusal to release those who have hurt you. Replace with forgiveness. "You don't owe me anymore."
- Wrath (rage): Flaring outbursts of anger. Replace with patience.
- Anger: A settled indignation; a slow burn. Replace with love.
- Clamor (harsh words): Contentious, public quarreling. Replace with thoughtful listening.
- Slander: Speech intended to injure. Replace with grace and truth.
- Malice (evil behavior): The desire to harm others. Replace with kind deeds.

ANGER: A BLOCKED AGENDA

GET A NEW AGENDA: MATURE & COMPLETE

Consider it pure joy, my brothers and sisters,
whenever you face trials of many kinds, because you know that
the testing of your faith produces perseverance.
Let perseverance finish its work so that you may be mature and
complete, not lacking anything.
– James 1:2-4 NIV

A NEW MIND TO GO WITH YOUR NEW HEART

Do not conform to the pattern of this world, but be transformed
by the renewing of your mind. Then you will be able to test and
approve what God's will is—his good, pleasing and perfect will.
– Romans 12:2 NIV

Saying "YES!" to Jesus? Text **YES!** to **603-225-2550**

*Let us celebrate with you
& resource you for your new life in Christ.*

THE CHALLENGE:

COMPLETE THIS GROWTH GUIDE
(ANSWER & DISCUSS THE
ON YOUR OWN SECTION BELOW).

<http://CornerstoneNH.org/GrowthGuide>

ON YOUR OWN

Answer these questions this week to reflect and go deeper.

1. **Have you recognized any of the various manifestations of anger as described in Ephesians 4:31 lately? Where?**
2. Brian says he came to the realization that situations weren't making him angry, circumstances just revealed the anger that was already there. Have you experienced this yourself or observed it in others? When?