

Unfiltered – Week 2 Small Group Questions

Opening Prayer

Ice Breaker

1. What's a small, everyday thing that annoys you way more than it probably should?
2. Do you find yourself getting angrier scrolling through the news or social media than you used to? What's changed?

Discuss

Main Scriptures: Matthew 5:21-26

1. Jesus said that just carrying anger toward someone puts you in danger of judgment — the same judgment as murder. That's a strong comparison. Why do you think Jesus took the inward feeling of anger just as seriously as the outward act?
2. Pastor Jeff talked about how our culture — and sometimes the church — treats outrage as proof that you really care about something. Do you agree with that, or do you push back on it? Why?
3. Dallas Willard said, "There is nothing that can be done with anger that cannot be done better without it." In other words, he's saying anger never actually improves the outcome — something else could always do it better. Can you think of a time anger felt necessary in the moment, and looking back, imagine how things might have gone differently without it?
4. Ephesians 4:26 says, "don't sin by letting anger control you," which implies anger itself isn't the problem — it's what you do with it. Where's the line for you between feeling angry and actually sinning in your anger? What does crossing that line usually look like in your own life?
5. A Supreme Court Justice once said he could disagree strongly with someone's beliefs without attacking the person themselves — "I attack ideas, I don't attack

people." Pastor Jeff used this as an example of separating people from their opinions. Where do you personally find that hardest to do — with family, politics, church, or somewhere else?

6. Pastor Jeff shared a habit he started: praying for people by name, thanking God that they're made in His image, even people he was frustrated with. What's one practical habit, like this one, that might help you let go of anger toward someone instead of carrying it?

7. Jesus said if you're about to worship and remember someone has something against you, stop and go make it right with them first — before you even finish your act of worship. Why do you think Jesus placed reconciliation with people above religious activity?

Practice

Think of one person you're currently angry with or holding something against. This week, pray for them by name, thanking God that they're made in His image — even if it's hard. If it's appropriate, take one small step toward making things right with them.