



Journey Church  
Mind the Gap | Exodus 34:5-7  
January 25, 2026

### **Slow to Anger**

*Exodus 34:5-7, James 1:19-25*

**You can make God mad, but you really have to work at it.**

**God's anger comes from a Father who cares deeply about His children.**

**God's boundaries are for our protection, not restriction.**

### **Homework:**

*Ephesians 4:15-32, Colossians 3:13, Galatians 5:22-23, Psalm 141:3, Romans 12:2, Proverbs 18:13; 22:24, Philippians 4:8, 1 Peter 3:8, Matthew 10:16*

**Small Group Questions:**

1. When you think of anger, what's something that commonly triggers it for you? Traffic, parenting, work, or something else?
2. Why do you think many people assume God is easily angered? How does knowing He is slow to anger change the way you approach Him?
3. Why do we often interpret boundaries as limitations rather than protection? What boundaries in Scripture are hardest for you to trust as "good"?

**Be Intentional:**

James 1:22 says we should be doers of the word, not just hearers. What's one practical way you can practice being slow to anger this week?

**Pray:**

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God's Word as you pray for each other.