


VIRTUAL YOUTH

VIBES – Week 2

DISCUSSION QUESTIONS

1. Think about a scene from a TV show or movie where a character was angry. What kind of anger were they feeling? Why do you think they got that angry?
2. Can you share a time where you've seen hallway or road rage?
3. Read James 4:1. How would you answer this question? How would most high schoolers answer this question?
4. What percentage of your anger is caused by not getting your way?
5. Have you experienced people around you blaming their anger on others instead of owning their own emotions? Why do you think it can be easier to believe that anger is caused by something or someone else rather than something inside us?
6. If someone were watching you, what would be some clues or cues that you are angry? What could they do to help you?
7. Jesus does not want you to be controlled by your anger. What are practical ways you can go to Jesus with your anger? How can this group help you control your anger?



VIBES