



## Small Group Guide – May 31

*Songs of The Summer: Ticked Off*

**Date:** May 31, 2026

**Focus Passage(s):** Psalm 69

**Theme:** We can bring our real emotions to God, even anger.

### **Suggested Schedule (60 minutes total)**

Segment	Time	Description
Icebreaker	10 min	Get comfortable, begin connecting
Intro/Recap	5 min	Read the key passages for the week
Group Discussion	25 min	Dive into Scripture and discuss application
Deeper Dive Option	5–10 min	Deeper Bible study or individual challenge
Prayer & Requests	10–15 min	Close in prayer for growth + personal needs

### **Welcome + Icebreaker (10 min)**

What is something small that frustrates you way more than it probably should?

When you get angry, are you more likely to explode, shut down, avoid conflict, or vent to someone else?

### **Key Message Recap**

We are beginning our summer series, *Songs of the Summer*, where we are walking through the Psalms and discovering how these songs and prayers speak into real life.

This week, we are talking about anger. Specifically, what we do with anger when we feel hurt, frustrated, mistreated, or deeply wronged.

## Discussion Questions (25 min)

### *Authentic Emotion Before God*

Read Psalm 69:1-4.

What emotions stand out to you most in David's words?

Why do you think many people feel uncomfortable expressing anger to God?

How does Psalm 69 challenge the idea that we must "clean up" our emotions before praying?

Why is honesty with God important in our spiritual lives?

**Key Truth:** God invites honest prayers, not polished ones.

### *Anger and Hurt:*

The message points out that anger is often a secondary emotion.

What deeper emotions tend to exist underneath anger?

How can hurt, fear, insecurity, or frustration fuel anger?

Have you ever realized your anger was actually connected to something deeper?

**Key Truth:** Anger often points to deeper wounds or struggles.

### *Taking Anger to God:*

Read Psalm 69:22-28.

Why do you think David speaks so intensely and honestly to God?

What is healthier about bringing anger to God instead of unloading it on others?

How can prayer help shift perspective during conflict?

**Key Truth:** It is better to bring anger to God than weaponize it against others.

### **Stop, Look, Listen:**

The message gave three practical steps:

Stop, Look, Listen

Which of these is hardest for you when angry? Why?

How can slowing down prevent harmful reactions?

Why is listening important during conflict?

**Key Truth:** Healthy responses begin with slowing down and seeking wisdom.

### **Justice, Mercy, and Perspective**

Why do people naturally want justice for others, but mercy for themselves?

How does Jesus change the way we think about forgiveness and justice?

How can trusting God's justice help us let go of bitterness?

**Key Truth:** God's justice is perfect, and His mercy changes us.

### **Real-life Application**

Anger itself is not the problem. What matters is what we do with it.

The Psalms remind us we do not have to hide our emotions from God, but we also should not let anger control us.

Is there an unresolved anger, frustration, or hurt you need to honestly bring before God right now?

### ***Next Steps Challenge***

This week:

Identify one source of anger or frustration in your life.

Pray honestly about it instead of suppressing it or reacting impulsively.

Pause before responding in difficult situations.

Ask God to reveal what may exist beneath your anger.

## Prayer

Healing-Focused Prayer:

Thank God that He welcomes honesty.

Confess unhealthy anger, bitterness, or resentment.

Ask for wisdom, peace, and self-control.

Pray for healing in relationships and emotional wounds.

Silently identify a source of anger or frustration you have been carrying.

Pray and ask God to help you respond with wisdom instead of reaction.

## Deeper Dive Character Study: Jonah

Scripture: Jonah 4

Jonah is one of the clearest examples in Scripture of someone struggling openly with anger.

After God showed mercy to Nineveh, Jonah became furious because things did not happen the way he wanted.

His story reveals how anger can expose deeper issues in our hearts, including pride, control, and bitterness.

### *Key Moments*

Jonah's Anger – Jonah 4:1 “This change of plans greatly upset Jonah, and he became very angry.”

God's Question – Jonah 4:4 “Is it right for you to be angry about this?”

Jonah's Perspective Problem – Jonah 4:9 Jonah becomes more upset about a plant dying than people needing mercy.

### Discussion Questions

Why do you think Jonah became so angry with God?

How can anger sometimes reveal selfishness, pride, or control issues?

Have you ever struggled when God worked differently than you expected?

Why is perspective important when processing anger?

What does Jonah's story teach us about God's mercy toward both us and others?

## Key Takeaways

Anger can reveal deeper heart issues.

God cares about what is beneath our emotions.

Mercy is difficult when we want control or revenge.

God patiently works through our struggles and emotions.

Like Jonah and David, we all experience anger. The question is not whether we feel anger, but what we do with it.

The Psalms teach us:

Bring your emotions honestly to God.

Let Him shape your perspective.

And trust Him with justice, healing, and wisdom.