

## Community Groups This Summer

Summer is almost here. And that's the time our Community Groups relax their regular meeting schedules but stay connected for friendship and fun. Life doesn't take vacation from June to August, and we still need the support and encouragement of Christian brothers and sisters!

- **Connections and CG Childcare**

Our last *Connections* study guide for this church year will be Sunday, May 15. We'll resume *Connections* on September 18. CG childcare will be offered through May 20, then take a break until the week of September 11. Please note these dates and let us know if you have any questions or concerns.

- **Get it scheduled.**

Before your group meetings wind down for the summer, put some get-togethers on your calendars. We recommend that you calendar one group outing each summer month. Keep it simple and relaxed.

- **Share your ideas.**

Groups enjoy backyard BBQs, camping, movies, eating out, serving, shopping, softball, swimming, golf, ladies' or men's retreats—you name it! Share your ideas with other groups through the *All CG Leaders* group on My Community.

- **Invite others.**

Summer get-togethers give you great opportunities to invite others to get acquainted with your group in a less formal, non-threatening setting. Make it a point to invite others to your times of summer fun.

God gives us so many good gifts through our Michigan summers. Worship Him, walk with Him, and enjoy your summer!

*Someone wisely said that our lives are not shaped* as much by what happens to us as by how we interpret what happens to us. That's so true for our children! Physical limitations, academic setbacks, friendship struggles—all these can cause our kids to be angry at themselves, us as parents, others around them, even God. Help your children *interpret* these situations honestly and positively—especially encouraging them that God created them uniquely and walks with them everyday.

**ANGER AND ME**  
**Anger series**

## My Own Worst Enemy

*We are hard-wired by God to react with our whole being to what is wrong by getting upset. But it can so easily go so wrong.*

1. Think of a time your mom was really angry with you. Was she right to be mad? How did it turn out?
  - Being angry for the right reason in the right way
  - Being angry for the wrong reason
  - Being angry for the right reason in the wrong way
  - Not being angry enough over the right reason
2. Give examples of . . .
  - Being angry for the right reason in the right way
  - Being angry for the wrong reason
  - Being angry for the right reason in the wrong way
  - Not being angry enough over the right reason
3. What are some things we can say to rationalize or excuse our anger? Example: "I'm a passionate person."
4. What warnings does God give us about anger in our lives in these verses? How have you seen these truths demonstrated in everyday life?
  - Proverbs 16:32—
  - Proverbs 22:24-25—
  - Ecclesiastes 7:9—
  - James 1:20—
5. Why is interpretation so important in how you respond to what happens in your life? How could a different perspective on an offensive situation help you with anger?
6. What anger in your life do you need to take responsibility for? How has this study helped you to think differently about it?

*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.  
James 1:19-20*