

We're so glad you're here today!

Is this your first time here? Welcome! Stop by the Info Spot before or after the service. We'd love to meet you, answer any questions you have, and give you some helpful information. For kids and students, we offer great programs specially tailored to their ages. The Westwood Kids team is happy to help you get them connected. For more info on the great things happening here, check out westwoodcc.org.

Lent services on Wednesdays

Lent, the 40-day period leading up to Easter, gives us the opportunity to recalibrate our lives as we seek to live and be like Jesus. You're invited to set aside 30 minutes each Wednesday night during Lent to receive what God has for you as we prepare our hearts for Easter. Wednesdays through April 10, 6:00–6:30pm at all campuses.

You make ministry happen

Thank you for your financial giving! It allows the ministries at Westwood to continue throughout the year. In addition to our giving envelopes, here are some convenient ways you can give a one-time gift or set up recurring giving:



Online: A convenient and secure way to give is through our website. You can give a one-time or recurring gift.



Westwood App: Text westwoodapp to 77977 to get a response with a link to download the app.



Giving Kiosks: Small giving kiosks are located on the Chanhassen campus at the Info Spots.



Text To Give: Text the keyword "westwoodbsl", "westwoodchn" or "westwoodmtk" to 77977.

CRUCIAL CONVERSATIONS

Anger Management

"... Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires." James 1:19–20

How do you most commonly express anger?

- The M _____ :

Three things you need to understand about anger in order to be wise:

The Goodness of Anger

- Anger is sometimes _____ Ephesians 4:26
- Anger is an _____ of God Exodus 34:6

The Danger of Anger

- Your _____ deteriorates Proverbs 4:29–30
- Your _____ deteriorate Proverbs 15:18
- Your _____ deteriorates Proverbs 16:32

The Healing of Anger

- _____ your anger
- _____ your anger James 1:19–20
- _____ your anger at blessing Romans 12:20–21

Bible Reading Plan

Join us in reading the Bible together. The Bible Reading Plan is a way to incorporate reading the Bible into your week. Each day read a passage and take a few moments to reflect. These verses are chosen by our staff and designed to complement the Sunday message.

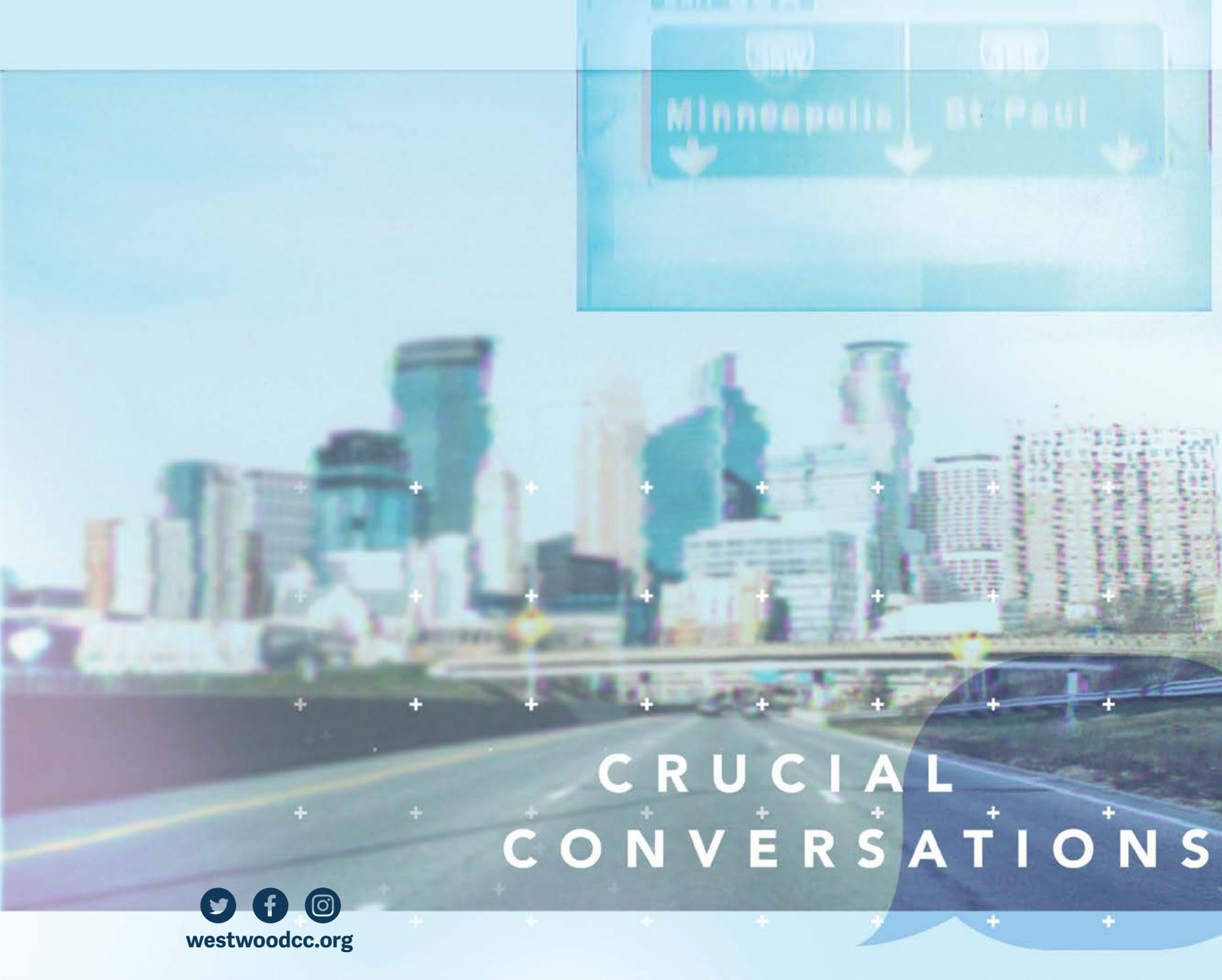
Reflection questions:

What does it say?

What does it mean?

How can I live this out today?

- Proverbs 14:29
- Proverbs 15:18
- Proverbs 29:11–16
- Proverbs 29:17–22
- Ephesians 4:26–31



CRUCIAL
CONVERSATIONS

Crucial Conversation #3
“Anger Management”
March 24, 2019
Small Group Questions

1. What triggers anger in you? Is there someone who stands out to you as being a person who handles anger well? What do you observe from them? Or share with each other how someone has helped you grow in your own personal anger management.
2. Pastor Joel identified five ways people express anger. Review the meaning of each and share with each other the one that most consistently speaks to the way you express anger: The Maniac, The Mute, The Martyr, The Manipulator; The Manager.
3. James 1:19-20 reads “... *Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.*” What does this verse tell us about what we are to do and the result of doing it? If we lived this way how would it impact our everyday reality and how might it influence our culture?
4. The message pointed to three things you need to understand about anger in order to be wise.
 - a. The goodness of anger: When is it good? Why is it good? Read Exodus 34:6-7. What do we learn about the character of God? How can you reconcile God’s attribute of love with God’s attribute of anger? What happens if God is never angry?
 - b. The dangers of anger: The body deteriorates – how? Read Proverbs 14:29-30; Relationships deteriorate – how? Read Proverbs 5:18 and Ephesians 4:26; Judgment deteriorates – how? Read 14:29.
5. How do you manage conflict? Pastor Joel suggested that you must admit your anger and name its cause; then analyze your anger; and finally transform your anger by aiming to bless not curse. Share why each of these is hard and why each is helpful. Are there other practices that you personally benefit from to resolve anger?

Close your time in prayer for each other. If there is anger that needs attention with someone in your group, give time to process together and pray for this person.