

1. According to research from the U. of British Columbia, people who join causes online are not more apt to actually do something; they're less likely to take action. We can be in love with "taking stands" that cost us absolutely nothing. What causes could that be?

The key theme of this chapter is that anger and action are not synonymous when it comes to battling injustice in the world? How has expressing anger in social media influenced our society? Name an injustice in the world that tends to upset you emotionally. Have you had angry interactions concerning this injustice? Describe the interaction(s) and what, if anything was accomplished.

2. What are some action steps you could take to help combat this injustice? What would it cost you?
3. Dallas Willard says, "Stepping out of anger means you are surrendering your will to God. It means you have accepted that you don't have to have your way." Discuss the meaning of this quote.
4. What do you tend to worry about most these days?
5. What is the lie that Brant talks about on p.114? Where do you tend to look for self-worth and recognition other than from God?
6. Read Psalm 34 together. David encourages us to trust God in the face of fear and worry. Worry stems from arrogance, it means we are not trusting God. Define as specifically as you can what it means to trust God in everyday life. What does that look like? What steps can you take today to actively trust God more?

Read Luke 10:38-42

1. If Jesus came to your home, what would you be worried about?
2. When Martha saw Mary sitting at Jesus' feet, what was Martha's first concern?
3. Do we have a tendency to judge others for not doing as we do?
4. What is your first reaction when you are facing a struggle?
5. Are you able to bring your worries, big and small to Jesus?
6. What does peace look like during a struggle?
7. Are you a Mary or Martha when it comes to your relationship with Jesus?

Verse: 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

Joy: Knowing that God has you in the palm of His hand gives you peace during difficult times!