

**Small Group Meeting Guidelines**  
*(Suggested agenda for creating a consistent & balanced group meeting in 90 minutes)*  
Study for the week of: **Feb 05-Feb 11, 2012**

*The Office : Finding God in a Dysfunctional Workplace - The Rager*

**Getting Started: (15 minutes)**

People arrive (meet & greet time)

**Icebreaker: (5 minutes)**

We all have times when our anger gets the best of us and we do or say things that result in shame and embarrassment. Think of a time when you or someone you love has demonstrated anger or displayed a temper tantrum and share how it made you feel. Share how it affected your opinion and respect for that person.

**Gather The Group for Announcements: (5 minutes)**

- 1) Welcome new people
- 2) Pass around the roster and
- 3) Announce group plans for upcoming meetings or socials

**Worship: (5 minutes)**

Options:

- 1) Use a CD player and play two songs,
- 2) Ask someone to lead with guitar,
- 3) Read a hymn
- 4) Do a meditative scripture reading and/or
- 5) Ask people to share something for which they are thankful

**Discussion & Application: (30 minutes)**

In today's discussion we focus on ways to deal with the Rager. First let's take a look at ways to respond in the moment or situation when someone in the workplace is demonstrating anger and frustration in a fit of rage.

Let's read a few passages in the Bible to see what God says to do.

**Read Proverbs 16:14-15; 15:1 and 29:11**

*A king's wrath is a messenger of death, but a wise man will appease it. When a king's face brightens, it means life; his favor is like a rain cloud in spring. A gentle answer turns away wrath, but a harsh word stirs up anger. A fool gives full vent to his anger, but a wise man keeps himself under control.*

*Share/Discuss:* What actions do you see in this passage that help you in your response? Can you agree with someone's feelings of frustration without necessarily agreeing with their actions? The Rager could be directly targeting their anger at someone or something in particular or simply venting their frustration. How does understanding the difference help you deal with the situation? When attacked personally how does redirecting anger or having "teflon" skin help you respond to a display of anger or rage? If you start to take it personally, what helps you deflect it to something else so that you are no longer affected personally?

*Thought Questions:* Where do you get your identity? From your job or from your God? Who defines you? Are there times when you give in to your own anger? What good can it do to pray for the power of the Holy Spirit to help you produce 'good' fruit? Who is the Rager in your life? Your boss? Your peer? Your employee? You?

Next, let's read a few more passages in the Bible to see what God says about dealing with the Rager and aftermath over the long term. In your discussion look at the importance of being able to consistently address, assess and release situations when someone repeatedly demonstrates anger and frustration in fits of rage.

**Read Proverbs 16:29, 32; 14:16-17; 25:15; 29:8-10, 22 and 29:25**

*A violent man entices his neighbor and leads him down a path that is not good... Better a patient man than a warrior, a man who controls his temper than one who takes a city. A wise man fears the Lord and shuns evil, but a fool is hotheaded and reckless. A quick-tempered man does foolish things, and a crafty man is hated. Through patience a ruler can be persuaded, and a gentle tongue can break a bone. Mockers stir up a city, but wise men turn away anger. If a wise man goes to court with a fool, the fool rages and scoffs, and there is no peace. Bloodthirsty men hate a man of integrity and seek to kill the upright... An angry man stirs up dissension, and a hot-tempered one commits many sins. Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.*

*Share/Discuss:* How do you get a 'big picture' view to see the scope of the situation when someone is lashing out at someone or something? Do you consider how the incident is going to affect your future (and their future)? Do you see a consistent pattern or is this an isolated incident? How does this determination help you in your response to the person? Do you find that your relationship with that person is forever affected by their display of uncontrolled anger and emotion? How does forgiveness have its place in restoring the relationship?

*Share/Discuss:* How does taking the initiative to put things out on the table help you seek resolution (or rejection) with someone who consistently turns to anger as an outlet? If it turns out that you are unable to control the outcome of a situation what can you do within your control to help address the situation and make decisions in the future?

*Thought Questions:* What boundaries do you need to put in place for spiritual and/or physical safety and protection for you and others on your team? Who do you need to forgive and by doing so what is your prayer for emotional healing and restoration in the relationship?