



From *The New York Times* Best-Selling Author

Karen Kingsbury's

A Thousand Tomorrows



**Small Group
Discussion Guide**
Episode #1



Session #1-Overcoming Anger

- **Key Verse**
 - Psalms 37:8 **"Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm."** NLT
- **Open Session in prayer**
 - Take prayer requests and ask for people to share how God has answered their prayer.
- **Opening Discussion**
 - Talk about what your group hopes to accomplish by doing this study together.
 - **Discussion Question: What is one area of your life you are having a difficult time overcoming anger?**
- **Stream-Episode #1 of A Thousand Tomorrows on Pure Flix**
- **Stream- Teaching Segment #1 from Karen Kingsbury**
- **Discussion**
 - What stuck out to you from Episode #1 of A Thousand Tomorrows or Karen's teaching about anger and overcoming anger?
 - How does harboring a grudge harden our hearts?
 - How do we keep short accounts and not hold onto offense?
 - Who is God calling you to forgive and what is God calling you to let go of?
 - How do we forgive people who have not asked for forgiveness or aren't around in our lives?
- **Action Step**
 - Take time this coming week to take stock of your life. Get a journal and start writing down what has hurt you the most, or the areas of your life that you are holding onto unforgiveness.
- **Closing Prayer**