



UNTRIGGERED SERIES

Group Guide

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Stir Crazy

Passage: Philippians 4:4-9

Takeaway: When being stir-crazy triggers anxiety and unrest, God invites us to rest in His peace.

Begin by taking this week's [*online icebreaker quiz*](#) and sharing your results!

READ

Look up the passage in your Bible. Read through it once aloud. Share initial observations. What stuck out to you? What don't you understand?

DISCUSS

- On a scale of 1 to 10 (1 being low, 10 being high), how much restlessness are you experiencing in this season?
- What anxious thoughts have you wrestled with, both old and new?
- The present conditions are temporary, but we serve a God who is constant. What is some evidence of God's unchanging character?
- When you're triggered toward anxiety, can you capture those thoughts and redirect them toward what is true, noble, right, etc., as Paul suggested?

CHALLENGE

What is one thing you could redeem while being cooped up at home? (i.e. Challenge your family to take 5 minutes each day to pray together for the next 30 days. If you miss a day, you have to start over on day one. Or write out and memorize verses that you can meditate on when you're triggered by anxiety.)

PRAY

Holy God, we confess that it's more natural for us to worry about what we can't control than it is to trust You. Forgive us for forgetting so easily how faithful and good You are. May Your Spirit teach us to rest in Your peace and turn our thoughts toward worship and gratitude. Amen.

FURTHER READING

Luke 12:22-34; 1 Peter 5:6-11; Colossians 3:15-17

Short Fuse

Passage: James 1:19-20

Takeaway: When pressure triggers our anger, God invites us into the righteous life He truly desires.

Begin by taking this week's [online icebreaker quiz](#) and sharing your results!

READ

Look up the passage in your Bible. Read through it once aloud. Share initial observations. What stuck out to you? What don't you understand?

DISCUSS

- What new (or old) pressures have you found yourself triggered by during COVID-19?
- What is your usual reaction when you're angered? Suppress it and move on, deal with it immediately in front of everyone, quietly go to the person to have a conversation, or another way altogether?
- How does James teach us to deal with our anger? How does Jesus teach us to deal with our anger (Matthew 5:21-26)?
- How could being quick to listen, slow to speak, and slow to become angry lead to the life of righteousness God desires for us?

CHALLENGE

Sometimes anger is triggered when what we're really feeling is deeper, like fear, lack of control, grief, or shame. This week, ask the Holy Spirit to help you identify and address the true source of your anger.

PRAY

Ephesians 3:14-21 is a prayer of rootedness. Pray this passage aloud together.

FURTHER READING

Ephesians 4:26-32; Colossians 3:1-14

Sitting Target

Passages: 1 Corinthians 10:13, James 1

Takeaway: When temptation triggers our thirst for immediate satisfaction, God reminds us of His everlasting fulfillment.

Begin by taking this week's [online icebreaker quiz](#) and sharing your results!

Note: Use wisdom on what is shared during group time. This group session could be done in separate men's and women's sessions to allow for honest and open sharing.

READ

Look up the passages in your Bible. Read through them once aloud. Share initial observations. What stuck out to you? What don't you understand?

DISCUSS

- During this pandemic, you might have become a sitting target for the enemy. Where have you seen new/old temptation pop up in your life?
- Reread James 1:13-15. Where does sin come from and where does it lead?
- Temptation isn't sin, but when we give into our evil desires, it leads us to sin. How does James explain the way out of sin? (James 1:21-22)
- Where have you succumbed to immediate satisfaction, and how might repentance lead you back to obedience to Christ?

CHALLENGE

"Do what it says" (James 1:22). Little acts of obedience can lead to big life change. This week, identify some specific areas in your life where you can step into obedience. Confess these areas to one another so you can be encouraged and held accountable.

PRAY

Heavenly Father, we confess our weakness and our frailty and our struggle against temptation. So often, we fail and sin, but we know Your Word promises that You are gracious and compassionate. Because of Jesus, we have been purchased and redeemed. Thank You, faithful God! Strengthen and equip us as we pursue Your righteousness in every area of our lives. Let us bring You glory through the lives You have restored. Amen.

FURTHER READING

Luke 4:1-13; 2 Samuel 11; Romans 7:14-25



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