

NOOMA Store | 016 Rob Bell

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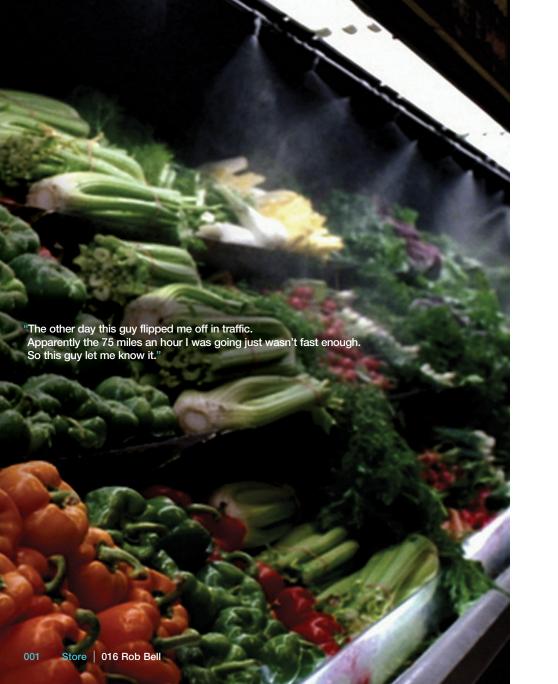
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Printed in the United States of America
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What are some situations where people easily get "under your skin"?

Do you let these people know?

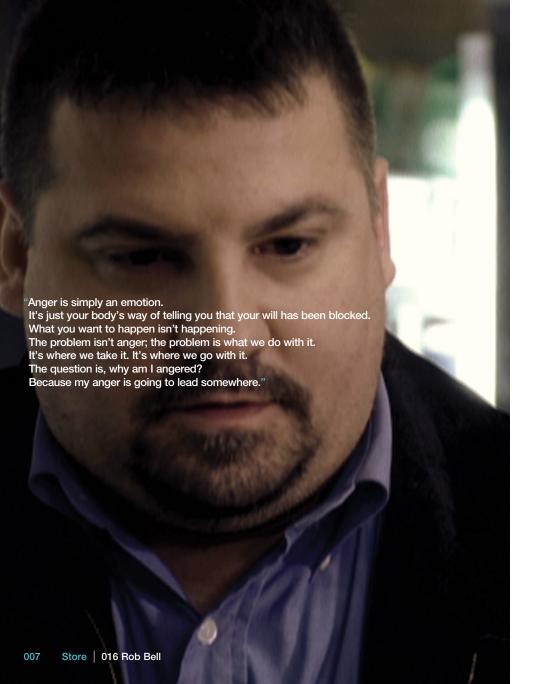
If so, how?



What are some places where you typically see the low-grade boiling rage in other people?

Another time he went into the synagogue, and a man with a shriveled hand was there. Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath.

Mark 3:1-2 (TNIV)



What was the last thing you got angry about?

Have you asked yourself why this made you angry?

Where did your anger lead?

Another time he went into the synagogue, and a man with a shriveled hand was there. Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. Jesus said to the man with the shriveled hand, "Stand up in front of everyone." Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent.

Mark 3:1-4 (TNIV)



Do the things that typically make you angry regard your own situation or bigger, universal issues?

Do you believe the things you usually get angry about are actually worth getting angry about?



Have you ever gotten so angry you broke something?

So angry that you said or did things you never would've thought you'd say or do?

So angry you actually scared yourself?

Another time he went into the synagogue, and a man with a shriveled hand was there. Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. Jesus said to the man with the shriveled hand, "Stand up in front of everyone." Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

Mark 3:1-5 (TNIV)



What are some things you could do to ensure your anger leads to making things better?

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What are some things in the world right now, some larger issues, that make you angry?

When you think about what you want to do with your life, are these things part of your consideration?

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Then Jesus came to them and said,
"All authority in heaven and on earth has been given to me.
Therefore go and make disciples of all nations,
baptizing them in the name of the Father and of the Son and of the Holy Spirit,
and teaching them to obey everything I have commanded you.
And surely I am with you always, to the very end of the age."

Matthew 28:18-20 (TNIV)

"We need to embrace the simple truth that we were made to give ourselves to a cause bigger than ourselves... a cause that increases the peace in the world... a cause, a purpose, a task that makes the world a better place." Store | 016 Rob Bell

Have you given yourself to a cause bigger than yourself that's making the world a better place?

If so, how is it making the world a better place?

PLEASE RETURN **CARTS HERE** THANK YOU "May you become aware of your anger. May you learn to channel it, to focus it, direct it into something beautiful. And may it fuel sacred acts of healing and restoration."

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It's estimated that supermarkets in the United States spend up to \$180 million annually to replace lost shopping carts.