Ruled — Group Discussion Guide

Don't Die at the Doorstep

Opening Prayer & Icebreaker

Prayer: Ask God to help your group be honest about their emotions and open to the ways He wants to shape their hearts.

Icebreaker: What is something small that can frustrate you more than it probably should?

Introduction

In this message, Pastor Mark looks at Moses and the way persistent frustration began to affect his actions. Moses had a passion for what God cared about, but at times he allowed his anger to lead him instead of God.

The goal isn't to pretend we don't have feelings. It's to let God shape how we respond to them so that our emotions don't keep us from becoming who He has called us to be.

Discussion Questions

1. Persistent Frustration Can Shape Who We Become

Scripture: Exodus 2:11–12; Exodus 11:8

Moses saw real injustice and had good reason to be upset. But instead of seeking God's direction, he acted out of anger. Later, as he repeatedly faced challenges and complaints, frustration continued to affect his responses.

- Why is it possible to have a justifiable feeling but respond in an unjustifiable way?
- How can ongoing frustration begin to shape our attitudes, words, and relationships?
- Is there an area of your life where frustration has started to become part of who you are?

2. Provocation Is Not Permission

Scripture: Numbers 20:1–12

When the Israelites complained about having no water, God told Moses to speak to the rock. Instead, Moses spoke harshly to the people and struck the rock twice. His frustration led him to disobey God.

Pastor Mark put it this way: **“Provocation is not permission.”**

- What stands out to you about Moses' response in this passage?
- Why do we sometimes feel justified in saying or doing things we wouldn't otherwise do when we're angry?

- How can we respond faithfully when someone pushes our buttons, especially someone close to us?

3. Take Your Feelings to the God Who Transforms

Scripture: James 1:19–21

James tells us to be quick to listen, slow to speak, and slow to become angry. Rather than letting our feelings control us, we can bring them honestly to God and allow His Word and Spirit to transform us.

Pastor Mark offered three questions to help us do this:

1. **Why do I feel it?**
2. **What does God say about it?**
3. **Where do I take it?** — Take it to God who transforms.

- Which of these three questions do you most need to ask yourself when you feel frustrated or angry?
- What might change if you paused to pray and consider God's Word before responding?
- What is one practical step you can take to let God shape your response this week?

Personal Reflection

Take a quiet moment to consider:

- Is there a frustration or temptation that is shaping me in a way God doesn't want?
- Is there a relationship where I've allowed my feelings to affect how I treat someone?
- What simple act of obedience is God asking of me, even when it's difficult?

You don't have to share every detail, but consider sharing one area where you want God to help you grow.

Closing Prayer

Pray that God would reveal the frustrations and attitudes that need to change. Ask Him for the self-control to pause before reacting, the humility to repent when necessary, and the faith to obey Him even when emotions run high.

This Week's Challenge

When you feel frustration rising, pause before responding and ask:

Why do I feel it? What does God say about it? Where do I take it?

Bring it to God before you take it out on someone else. Ask the Holy Spirit to help you respond in a way that reflects Jesus.