



# Life Group Discussion Guide

## July 13, 2025 – 1 Samuel 25 --- Managing Your Anger

### Icebreaker:

Think of a time you were “hangry” (hungry + angry). What happened, and how did you respond? Did you regret it, or did it turn into a funny memory?

### Discussion Questions:

If a review of the text is needed, read the selections and summarize the plot. **1 Samuel 25:21-22, 28, 34, 37-39** aloud. We suggest assigning the verses to different individuals.

#### Section 1: Understanding the Story

1. What was David's initial response to Nabal's insult? How did it differ from his previous responses to King Saul?
2. How was Abigail described in the passage, and what actions did she take that changed the course of the story?

#### Section 2: Making Connections

3. What does David's reaction to Nabal's insult tell you about the unpredictability of anger? Do you have emotional moments that contrast as clearly as David's responses to Nabal and Saul?
4. How does Abigail serve as a picture of godly wisdom, humility, and peacemaking? Can you think of a New Testament parallel (e.g., **Matthew 5:9**)?
5. The sermon stated that anger itself is not sin, but how we handle it can be. What examples from Scripture or life illustrate the difference between righteous and unrighteous anger?

### Section 3: Digging Deeper

6. What role did pride play in David's anger, and how does pride fuel our own reactions when we feel insulted or disrespected?
7. Why do you think we are often more likely to express uncontrolled anger at home with those we love? If our households were asked to testify to our spiritual maturity regarding our tempers, what would they say?

### Section 4: Application

8. Which of the three principles from **James 1:19–20**—*quick to listen, slow to speak, slow to become angry*—is hardest for you? Why?
9. Think of a recent situation when you got angry. How might applying James' principles have changed your response or the outcome?
10. The sermon mentions that many people "audit" sermons like a college class without applying them. How might the Holy Spirit be prompting you to take specific action this week regarding your anger—whether it's repentance, reconciliation, or a new habit?

## What's Happening in the Life of Legacy:

More details on these events can be found at [lcc.org/whats-happening](https://lcc.org/whats-happening)

### All Campus

- **Advance the Kingdom:** We have exciting news in the life of Legacy! We want everyone to go "All In" on Project Advance. Learn more here: <https://lcc.org/advance/>
- **Joy Run for Joy Meadows:** August 2. 8:00am at KC Timber Challenge. [Join Team Legacy Here!](#)

### Overland Park Campus

- **Rosehill Elementary School Supply Drive:** Through August 3.
- **Men's Taco Tour:** July 15. 11:30am – 1:00pm. Cancun Fiesta Fresh.

### Lee's Summit Campus

- **Coldwater Service Day:** July 26. 9:30am – 2:30pm.
- **Back to School Bash:** August 15. 5:00 – 9:00pm.

### Olathe Campus

- **Men's Bible Study:** Saturdays. 7:00 – 8:30am.

### Blue Valley Campus

- **Summer Cookout:** August 24. 12:30pm.

### Hispanic Ministry Campus

- **Family Movie Night:** July 31.