

TAMING theBEAST

PART 1: FIGHTING FIRES

INTRODUCTION: It's those moments that sneak up on us. Someone does or says something that immediately makes our blood boil. We feel our heart rate go up, our palms get sweaty, our muscles tense, and we feel the words come bubbling to the surface ready to fly out. It's in these moments that most of us have said something we've later regretted and done damage to our relationships. How can we learn to tame something as powerful and wild as flames of fire? What if we could learn to harness our passion and communicate in a way that gets us *what we really want* without burning those around us?

DISCUSSION QUESTIONS:

1. Have you ever had to put out a (literal) fire, big or small? What was the experience like?
2. Read James 3:5-6. Talk about a time when your words did damage. What kind of damage did they cause? What would you do differently if you could go back and relive that conversation?
3. In this episode we're given three action steps: shut up, back up, and get a heart check up. Which of the three stood out to you as areas where you could grow? Give an example of how you could see this step benefitting your relationships.
4. What's your most common physical symptom when you get fired up – sweaty hands, racing heart, tensed muscles? How could the question, "What do I really want?" influence your communication in the heat of the moment?
5. During the episode, Jess quotes Amy Carmichael: "If a sudden jar can cause me to speak an impatient, unloving word, then I know nothing of Calvary love. For a cup brimful of sweet water cannot spill even one drop of bitter water, however suddenly jolted." How does our reflection on God's love for us, demonstrated by Jesus on the cross at Calvary, impact what flows out of us when someone pushes our buttons, cuts us off in traffic, or just catches us on a bad day?
6. Consider praying Psalm 16:14 today: "May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer." (NLT)