

## “THE GOOD FIGHT” Discussion Questions

### Episode 2: Vengeance

David continues to struggle with the mental effects of abuse, and it comes out in hurtful anger, both to himself and the people around him. He finds himself losing control in his training and in the ring.

1. Anger is an emotion that often stems from **hurt or fear**. The Bible doesn't condemn anger; it accepts it as a natural human reaction. But Coach explains what happens when we don't have good boundaries on it. “It owns you, it controls you.” What are healthy ways to deal with our anger? What are boundaries we should put on our anger?
2. Unchecked anger can easily lead us into hate, bitterness, rage and so much more. Read **Ephesians 4:25-32**. What boundaries does God put on our anger? What else can you gather from this passage about our emotions as they relate to our actions?
3. Coach explains to David the difference between **fighting to win and fighting to hurt**. Have you experienced either of these in your personal relationships? Do you ever feel like the person you're disagreeing with doesn't care about solving the problem, they just want to hurt you?
4. Coach gives him **1 Timothy 6:12**: “*Fight the good fight of faith.*” What do you think it means to fight **from** your identity, rather than **for** it?