

Week 7 'Moral Inventory' Facilitator Guide

Anger and Resentment

Lesson Objectives:

- Identify people and institutions that we are angry with.
- Give examples of how we played a part in our personal conflicts that anger us.
- Practice sharing about your anger and resentment with another person
- Conclude that we men need to name and resolve our anger and resentment issues.

Preparation:

- Print out the moral Inventory Chart
- Print out handout of 5 Symptoms in Bridge Exercise
- Colored pens or pencils
- ! Facilitator must do the Inventory himself before he teaches this lesson and share it with a friend.***
- Print out Homework questions in Appendix 1

I. Welcome and Introduction (3 mins)

Reminder of our purpose: *“Learning to trust each other, to share from the heart our fears, hurts, and failures with each that we may help each other heal, and become healthy, spiritual men.”*

II. Bridge: Review Last Week's Symptoms of Emotional Pain

Give handout-

How do I know I am in pain?

- Inflexible and blaming others
- Need other groups to hate in order to get rid of our hate and negative feelings.
- We become a victim (self pity) to gain attention of others. This gives us false power.
- Our life becomes seeking approval from others, and gaining status to hide that we don't have much of a real self.
- We pass our pain and deadness on to our family, children, and friends.

Each person makes a drawing of the symptom they see the most in their lives. Ask yourself why you are in pain. Then shares it with the group.

III. Body (25 mins): Moral Inventory

Facilitator to Participants: Most men are angry because they are in emotional pain. The following exercise will help us to see who and what we are angry at, and how to change that.

The chart we will look at is a tool to help us with our anger and resentment. If you do not do it thoroughly and seriously, it will be a waste of time.

Before we start, let us all pray to God that he will speak to us through this exercise. Spend a minute in prayer asking God to come into the process of doing the inventory.

Facilitator hands out Moral Inventory chart:

1. In column 1, list all the people you are angry with or bitter toward. This maybe will include people, and institutions.
2. In column 2, list the reason why you angry with person or institution.
3. In column 3, list what part of your person (old nature/sin nature) was offended:
 - Your pride, loss of face, lack of respect?
 - Your financial security?
 - Your comfort level?
 - Your safety?
 - Your relationship with someone is threatened?
 - Your access to sex is blocked?
4. In column 4, list what part you played in the situation. Rarely are the people who did something to us or against us totally guilty. We most always have contributed something to the situation, even if just a little bit. Write down what you may have done, even if it is small.
5. **Share your finding with a trusted person or friend-** This exercise does not work if you do not do it seriously, and if you do not share with a trusted close friend.
6. Facilitator shares an example from his own moral inventory chart, *especially clarifying what part of him was hurt and offended, and what part he played in the conflict.*

IV. Build: Begin the Inventory in the meeting

Men work on Inventory for 15 minutes individually and ask questions as they go along.

V. Beyond: Homework

Men must finish this at home and share with a friend because next week's lesson depends on it.

Appendix 1

Questions to answer for next week

- 1.** What were the 2 or 3 most surprising things you learned about yourself or your life?
What do you want to change?
- 2.** How did you feel going through the process? Was it helpful, painful, revealing, or discouraging?
- 3.** What do you think you need to do now to help you change areas that you found are obstacles to finding peace in your heart?
- 4.** Did it help you to share this with a trusted friend? How did it help you?