

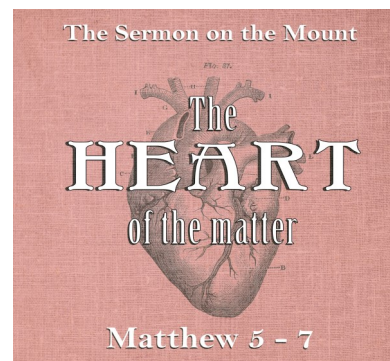
## The Heart of the Matter

14. What have you learned about anger from our study?

15. How can you keep better control over getting upset, mad and angry?

16. Why are we so hesitant to reconcile with others? With whom do you need to reconcile? When will you initiate conflict resolution?

### Praises and Prayer Requests



## Life Group Study Guide

### Anger Matthew 5:21-26

For the Week of May 30, 2021

#### Getting Started

1. What troubled or inspired you about this text or this past Sunday's message?
2. Is it truly possible for our spiritual hearts to be remade? Has your heart been remade? What evidences are there that Christ has reshaped your heart?
3. When do you get angry? What are causes of anger? What non-human irritants cause your anger to flare?

4. How would you answer these four survey questions:

Are people angrier now than in the past? Why or why not?

Is it a sin to be angry? Why or why not?

Is God generally angry? Why or why not?

Are you an angry person? What would others say?

### **Digging Deeper**

5. What did Jesus mean when He said that unless our righteousness exceeds that of the Pharisees we will not enter the kingdom of heaven (Matthew 5:20)?

6. Was Jesus actually changing the Old Testament law with His new rules in the Sermon on the Mount? What was He emphasizing? Why?

7. Read Matthew 5:21-26. What issues does Jesus address in these verses?

8. How seriously does God take our anger (5:21)? Does it surprise you that God looks at much of our anger against others as murder (let it sink in: as MURDER)? Why is this?

9. When can we be angry at someone and it not be sin (Ephesians 4:26-27; Mark 3:1-6; 10:13-15)? How much of your anger is righteous?

10. What if someone really is a stupid idiot (5:22)? Will we really go to hell for this, if it's the truth? Or...must we never think in quite this way? How should we think of people who sin or make many mistakes?

11. How do verse 23-24 tie in with Jesus' previous teaching on anger? Who is the one who is offended? What are we to do about it?

12. Have you ever contacted anyone to initiate a reconciliation conversation? What was the outcome? Why does God say to leave your gift at the altar (stop worshipping) and go try to make peace with the one you've offended?

13. What further instruction/warning does Jesus give us in conflict resolution (5:25-26)?