

February 20, 2021

Jesus on Anger

Matthew 5:21-26

Recap: We must move past religion - list of dos and don't that is only about behavior - and get the character of God into our hearts to transform us from the inside out.

Anger: **A strong feeling of annoyance, displeasure, and hostility.**

Matthew 5:21-22 / Ephesians 4:26 / Ephesians 6:12

This is a call to **ELIMINATE ANGER.**

Ephesians 4:30-32 / Colossians 3:5-8 / James 1:19-20

Your relationship with **GOD** is tied up in your relationship with **OTHERS.**

Matthew 5:23-26 / 1 Peter 3:7 / Ephesians 4:26

Final thought: Get better at **relational conflict.**

Matthew 5:25-26

Life Group Questions

1) QUICK REVIEW: Looking back at your notes from this week's teaching, was there a particular point, verse or comment that caught your attention, challenged you or raised a question?

2) Being aware of our personal "triggers" of "fuses" can be an important step in learning how to be angry without responding inappropriately. What are some of the situations or things people do that are likely to trigger an angry response. . .

- at home?
- at work?
- in a social setting?
- in your neighborhood?
- with fellow Christians?

DIGGING DEEPER

1. David is a good example of a man who often reflected during good times *and* in the midst of anger. Read through Psalm 4 again and write down how each verse relates to anger and then answer the following questions:

Psalm 4

¹ Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer. ² How long will you people turn my glory into shame? How long will you love delusions and seek false gods? ³ Know that the Lord has set apart his faithful servant for himself; the Lord hears when I call to him. ⁴ Tremble and do not sin; when you are on your beds, search your hearts and be silent. ⁵ Offer the sacrifices of the righteous and trust in the Lord. ⁶ Many, Lord, are asking, "Who will bring us prosperity?" Let the light of your face shine on us. ⁷ Fill my heart with joy when their grain and new wine abound. ⁸ In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

- What could be modern day examples of "delusions" and "false gods"?
- How does David's way of dealing with anger differ or align with yours?
- How can reflecting on angry feelings, like David did, be a healthy way of dealing with anger?

2. One of the most trying things is feeling frustrated or angry but not acting out on that emotion. Jesus often had a way of speaking counter culturally and encouraging his followers to act opposite of their emotions. What does Luke 6:27-37 teach that could help us act opposite of our emotions when we're angry or frustrated?

Luke 6:27-37

²⁷ "But to you who are listening I say: Love your enemies, do good to those who hate you, ²⁸ bless those who curse you, pray for those who mistreat you. ²⁹ If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. ³⁰ Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. ³¹ Do to others as you would have them do to you.

³² "If you love those who love you, what credit is that to you? Even sinners love those who love them. ³³ And if you do good to those who are good to you, what credit is that to you? Even sinners do that. ³⁴ And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. ³⁵ But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. ³⁶ Be merciful, just as your Father is merciful.

³⁷ "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

- Which verses from the passage above are the most challenging to follow when you're angry?

3. What do the following verses have to say about responding to anger in a way that pleases God?

James 1:19-20

¹⁹ My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ for man's anger does not bring about the righteous life that God desires.

Romans 12:17-18

¹⁷ Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. ¹⁸ If it is possible, as far as it depends on you, live at peace with everyone.

1 Peter 5:7-8

⁷ Cast all your anxiety on him because he cares for you. ⁸ Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

TAKING IT HOME

1. Anger is often triggered by the thoughts and emotions we're experiencing more than the actual event itself. Understanding this can be a powerful tool for keeping our anger in check. Which of the following emotions or perceptions are most likely to produce an angry response within you?

- perceived injustice
- conflict
- fear
- hurt
- worry
- low self-esteem
- other: _____

Looking back on this week's sermon and study, what's most important for you to remember?

PRAYER REQUESTS

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