

SERMON-BASED STUDY: ANGER

Matthew 5:21-26, ESV – ²¹ “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ ²² But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire. ²³ So if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. ²⁵ Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. ²⁶ Truly, I say to you, you will never get out until you have paid the last penny.

Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

QUICK REVIEW

Looking back at your notes from this week’s teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

ENGAGE WITH THE MESSAGE

1 Why is anger considered as wrong as murder in God’s eyes? How have you seen this happen in your life or the life of others you know?

2 How does unresolved conflict compromise our worship of God and hinder our prayers?

3 Why is it important to deal with conflicts and anger sooner, instead of later?

DIGGING DEEPER

A **James 1:19-21, ESV** – ¹⁹ Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God. ²¹ Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.

James 4:1-2a, ESV – What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? ² You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel.

4 Looking at the verses above, how are anger and conflicts really a heart issue?

5 What does James mean by “the implanted word”? How does this “implanted word” provide the means for a person to follow this exhortation?

6 Share a time when you have been quick to hear and slow to speak. How did it work out versus a time where you were quick to speak and slow to hear?

B **Leviticus 19:17-18, ESV** – ¹⁷ “You shall not hate your brother in your heart, but you shall reason frankly with your neighbor, lest you incur sin because of him. ¹⁸ You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the LORD.

1 John 3:11-15, ESV – ¹¹ For this is the message that you have heard from the beginning, that we should love one another. ¹² We should not be like Cain, who was of the evil one and murdered his brother. And why did he murder him? Because his own deeds were evil and his brother’s righteous. ¹³ Do not be surprised, brothers, that the world hates you. ¹⁴ We know that we have passed out of death into life, because we love the brothers. Whoever does not love abides in death. ¹⁵ Everyone who hates his brother is a murderer, and you know that no murderer has eternal life abiding in him.

7 Why is hatred for a brother or sister considered an equivalent to murder?

8 How is love the “antidote” for hatred? How can a person remove hatred from their heart and replace it with love?

9 Looking at 1 John 3:11-15, why should a believer not be surprised when they are hated by nonbelievers? How should a believer react to this hatred?

TAKING IT HOME

Jesus reminds us that anger brings death to relationships and people’s lives. As followers of Jesus, it is imperative that we remove anger from our lives by forgiving past offenses and keep short accounts moving forward. How are you doing in this area? Are there past offenses that you need to forgive? Are there people you need to ask for forgiveness? Share with your group or accountability partner what God has been showing you. Pray for one another as you seek to forgive and be forgiven, to remove anger, and to be people who love as God loves.

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

Psalms 37:8-9

Proverbs 15:18, 19:11, 22:24, 29:11

Ecclesiastes 7:9

Matthew 6:12, 14-15

Romans 13:8-10

1 John 2:9