



# Dealing With Anger

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## GROUP ICE BREAKER

What's something new you've learned about yourself in the last two months?

## REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- I will explore what my glittering vices are.
- I will pursue righteousness not by trying to avoid sin but by living life to the fullest.
- I will pursue surpassing goodness, not rule-breaking or rule-keeping.
- I will pursue a transformed heart, not behavioral compliance.
- I will do good and not ask, "What is the least I can do."
- I will work as if I'm working for the Lord, not a human boss.
- I will memorize Scripture so I can think the kinds of thoughts God thinks.
- I will offer surpassing goodness with my time and money.

## MESSAGE SUMMARY

As Jesus begins to describe living in the kingdom of God, he starts with anger. Anger is a response when your will gets blocked, or thwarted. Jesus is not giving new rules, but illustrating what it looks like to have an aim, a heart that's pervaded by love.

First, *make reconciling a broken relationship a higher priority than religious activity*. This can be complex and take time, and part of the process is in the hands of the other person who may never be willing. But love seeks reconciliation.

Second, *be genuinely kind toward your adversary*. That may not mean doing what they want, but for sure it means seeking to do what's best for them. Ask God to show you where and how you can extend kindness, not out of fear, but out of love.

Third, *be intentional about how you feed your mind*. Culture will make you angry. This week, go out of your way to do something kind for someone with whom you ardently disagree politically or spiritually.

Lastly, *remember the cross is about grace*. The cross reminds you there is a battle between good and evil, between love and anger. Almost all evil involves anger. Don't let anger win in you.

## DISCUSSION QUESTIONS

1. How do you express anger? (Ex: sarcasm, sabotage, avoidance, physical means, etc)
2. Read Ephesians 4:26-27. Why would Paul put a deadline on dealing with anger? Do you tend to release your anger quickly, hold on to it indefinitely, or land somewhere in the middle? Discuss ways you have learned to deal with anger.
3. Jesus specifically links anger to sinful speech. How has your anger resulted in sinful speech towards others?
4. Read James 4:1-3. What is the source of our anger? How does knowing the origin help us?
5. The kind of anger that Jesus speaks of here is generally easy to detect in others, but harder to see in ourselves. Why do you think that is?
6. Jesus expressed anger when overturning tables in the Temple. How can you tell when your anger is “righteous” and when it is the kind of anger Jesus speaks against in Matthew 5?
7. Where do you need to pursue reconciliation or demonstrate grace? What could this look like in your life this week?

## NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)

Use these as a guide to take your next step and commit to what you learned this week:

- I will make reconciling a broken relationship a higher priority than religious activity.
- I will be genuinely kind toward my adversary.
- I will be intentional about how I feed my mind.
- I will remember the cross is about grace.

## SCRIPTURE REFERENCES

- Matthew 5:21-26

## SUPPLEMENTAL RESOURCES

- [A Deeper Look At the Sermon on the Mount: Living Out the Way of Jesus](#)

## PRAYER REQUESTS

Take time to share how you can be praying for each other over the next week:

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