

Beating Anger

Matthew 5:21-22

NEIL TRAINER

September 23, 2018



NOTES

Beating Anger

Matthew 5:21-22

Suggested Questions for Individual Study or Group Discussion*



- What are three things that regularly make you angry? Do they have anything in common?
- *Read Matthew 5:21-22.* How does Jesus connect murder and anger? How are they different? How are they similar?
- According to Jesus, what are the results of carrying anger, of contempt ("Raca!"), and of condemnation ("You fool!")?
- How might anger at times be righteous, and other times be unrighteous or self-righteous? What makes it one or the other?
- If we search and know our hearts, what beliefs about ourselves, others, the world, and God might lay underneath our anger? What fears often reside behind our anger?
- How are you tempted to excuse or justify your anger? What is happening in your heart when you are angry?
- Which do you struggle with the most: getting angry too easily, getting angrier than you should, or staying angry too long? Why do you think this is the case?
- What needs to change or heal in your heart to free you from the anger you experience? What is a creative but concrete way you can cooperate with the Holy Spirit in making that happen?
- How can your small group or others pray for you and support you in this through the coming week?

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