

Taking it Home:

1. Read Proverbs 19:11 and James 1:19-20. Do these passages describe you? Why or why not? If not, how might you lean into them?
2. Are there people in your life with whom you need to pursue reconciliation? What steps will you take?

Prayer Concerns:

Anger Management

Matthew 5:21-26 [page 1502]

“You have heard that it was said... but I tell you”

Anger defined

The problem with anger

1. Anger _____ what's in our _____
2. Anger _____ made in the _____
3. Anger _____ our relationship with _____
4. Anger leads to _____

The solution to broken relationships

1. Invite the Lord to help you _____
2. Make the _____ towards _____
3. Own your _____
4. Share your _____
5. Do it _____

The motivation of the cross

Personal Study/Growth Group Discussion Questions

Getting Started:

1. What's the best advice you've ever been given about dealing with anger?

Digging Deeper:

Read Matthew 5:21-26

1. How does Jesus interpret the true meaning of "you should not murder?" What is Jesus saying about our hearts?
2. Why does Jesus say that anger leads to God's judgment? Why is anger such a big deal in God's eyes? What does it do that warrants such strong language?
3. Why does Jesus say we are to leave our gifts at the altar once we remember that someone has something against us? What is the correlation between our relationship with others and our relationship with God?

4. What is the difference between being angry with injustice and sin and being angry with a person? How do we differentiate between the two and protect our hearts from the wrong kind of anger?
5. How do you handle conflict? (Head on, avoid it, etc.) What is your go-to in conflict? (defensive, reflective, etc.) What is most helpful to you in the section: "The solution to broken relationships?" What comes easiest to you? What is most difficult?
6. Read Ephesians 4:29-5:2. In what way is God speaking to your heart through these words? What hope is found in this passage? What motivation does it give to mend broken relationships?
7. As you feel comfortable, share with your GG about any relationships in your life that need reconciliation. Pray together as a group for these relationships.