



Matthew 5:21-22 21 “You have heard that it was said to the people long ago, ‘You shall not murder,^[a] and anyone who murders will be subject to judgment.’ 22 But I tell you that anyone who is angry with a brother or sister^[b] will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’^[c] is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.

Matthew 5:23-24 23 “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, 24 leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

James 4:2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

James 1:19-20 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.

Icebreaker

What do you think about swearing? Have your views on swearing changed over time?

Conversation Guide

1. What does anger feel like in your body? How does your body signal to you that you are becoming angry?
2. Jeff said, “Our current cultural conditions are right for an anger incubator.” If this is true, how do you keep your heart from becoming an anger incubator? What are the ingredients for an anger incubator in your life?
3. Read the Matthew 5 Scriptures above and then engage with the following questions and definitions. Why do you think Jesus addressed anger so early in his Sermon on the Mount?
 - a. **Righteous anger** - Anger expressed to help others get what they deserve but aren’t getting.
 - b. **Unrighteous anger** - Anger expressed when I don’t get what I want and think I deserve.
4. Where does anger come from? Jeff said anger is a gift from God and a signal that something is not right, that something needs your careful attention. Anger is your check engine light. How can learning to deal with the universal emotion of anger help us grow in faith?
5. How do you express righteous anger in a way that lines up with what Jesus is saying in Matthew 5:21-23? How do you experience angry without sinning?
6. What conditions are necessary for your heart to become an incubator of gratitude, peace, freedom, self reflection and refreshment? Think about your own anger tendencies.

[Watch Jeff’s Teaching starting at 17:59 together to the end.](#) . Which of the following practices will you use to become an incubator of gratitude and self control, rather than anger?

- a. Slow Down
- b. Stop Talking,

- c. Listen
- d. Rest