

JESUS AT THE CENTER OF THE KINGDOM

ANGER

July 14, 2024

DIGGING DEEPER

Use this guide by yourself or with friends as you seek to know God.
To find a group, visit brookwoodchurch.org/groups.

Unless otherwise noted, words and phrases in this study guide are
based on language from the New International Version (NIV).

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to get angry, because human anger does not produce the righteousness God desires.

James 1:19-20 (NIV)

Insight: Jesus calls attention to the Ten Commandments as He speaks to the crowd. These rules, given to Moses, were written in the Torah (the first five books of the Bible), but most Jews had only heard them read by the scribes and rabbis. Jesus highlights the heart and holiness of God expressed in this important Old Testament teaching.

Read Matthew 5:21-26.

1. Jesus states that anger and cursing someone are on the same level as murder. How are those three related?
2. How does reading Jesus' words in verses 21-22 make you feel?
3. Jesus tells us not to call people *Raca* (empty, stupid or idiot) because that's as bad as murder. How do you deal with being frustrated or losing your temper with people?
4. What does Jesus say about broken relationships in verses 23-26?
5. Read **Genesis 4:1-10**. How do Cain's actions demonstrate Jesus' point?
6. How have you dealt with strained or broken relationships?
7. Why should you seek to reconcile quickly?
8. How has forgiveness impacted your life, either you forgiving someone or them forgiving you?
9. How has lack of forgiveness impacted your life? Is there someone you need to forgive or seek forgiveness from? Pray and ask God to help you mend that relationship.
10. What prison is Jesus referring to in verses 25-26?
11. What's keeping you from reconciling broken relationships?
12. How do strained relationships and lack of forgiveness impact your worship of God?
13. How can you use prayer in moments of anger or frustration? Practice praying in challenging moments this week.
14. Pray and ask the Father what He wants you to know from this passage. Spend time listening for His answer. Write down what He gives you, maybe a verse or a song, so that you can reflect on God's faithfulness.

Forgiveness is one of the most beautiful words in the human vocabulary. How much pain and unhappy consequences could be avoided if we all learned the meaning of this word.

Billy Graham

