

Discussion Guide Week of **August 2, 2020**

Text: **Matthew 5:21-26**

Big Idea (point of the sermon): Anger is deadly and it should not define the people of God. (Rather we ought to be marked by the forgiving and reconciling grace of Jesus).

Jesus opens the sermon on the mount by transforming the way the disciples see and define blessing (the favor of God Matthew 5:1-12). Those who receive Jesus become salt and light in the world as He has come to fulfill God's word and create a people in whose heart the law of God is written. The whole next section Jesus will take commands of God in scripture and put His teaching right beside them as the one who fulfill them.

He starts with expressing the murderous and deadly connection between anger and the sixth commandment to not murder. Anger and all the outflowing results of it will lead to judgement. In a culture where anger sells, people are respected and get an audience for ranting we can begin to believe it's our right to be angry. We can tend to write off our anger as "not that bad". We lower the bar of God expectation for us by comparison. Yet, anything that's against God's good design is worthy of judgement.

Read Ephesians 4:26-27 Reject the narrative of the culture that anger is a right and you should be applauded for your anger. Know that God isn't applauding your anger in fact the anger of man will not produce the righteousness of God (James 1:20). God is creating a people who hunger and thirst for His righteousness and if your seething with rage you can't hunger for righteousness. Stop supporting the things that are fueling and fueled by anger because anger sells today people make a living ranting about nonsense.

Ask others to forgive you. I think this will kill anger for many of us. Because unrighteousness anger is often the result of self righteousness. Humble yourself to ask forgiveness from your kids, your parents, your friends, coworkers, boss, maybe even people you've made mad on facebook.

Ask someone you love if they would consider you an angry person (choose not to be angry about their response). Discuss a plan for inviting Jesus into the moments that you find yourself angry.

Most importantly, receive and give the forgiving grace of Jesus.

Below are the five questions we ask every week in our Life Groups:

1. How is your week, what are you going through, how are you really doing?
2. What truth jumped from the text/Bible/Message at you this week?
3. What challenged you from the message? Was there something that you struggled with in the sermon? If not why not?

4. How have you done at applying the text and message to your life? How can we help each other live this out? (is there someone we can bless, something we need to memorize, a commitment we need to hold each other to? Be as specific as possible).
5. In what ways can we pray with and for each other?

Prayer Points:

- Pray that God would humble you through the calling of His words in Matthew 5-7.
- Ask God to expose the anger in your heart and that you would have the grace to confess and repent of it.
- Pray that our faith family would be marked by forgiving and reconciling grace of Jesus.