

Week 7

May 25, 2008

Mt 5:21-26

Being Freed From Anger

The Greatest Sermon Ever

Intro

Illustration – Kevin shared a childhood story about his anger toward a neighbor (Monty) who beat him up frequently.

Two types of Anger

1. flash of anger
2. anger we hold on to

Read Mt 5:21-26

First in a series of references to The Law where Jesus reshapes the commandments into values for living in the kingdom.

vs 22 - don't be angry, don't insult, and don't ridicule

vs 23-24 – when we have done something to hurt someone

Application

“Is it time we stop playing church and become the people of God who no longer see reconciliation as a possible option in limited circumstances but as our overarching imperative?”

Where will this begin in your life?

Pray Together!

What childhood experiences of dealing with anger did you have?

Who was or is a “Monty” in your life?

Were you or are you a “Monty” in someone’s life?

What does anger look like?

In what ways do we tend to minimize or justify these sinful actions?

Discuss some practical ways we can stop these actions at whatever level we participate in them.

How do we make space for God to reveal to us when we have wronged others? In what ways do we push away these thoughts or avoid action when our wrongs are revealed to us?

What does reconciliation look like?

Describe a time when someone told you that you hurt them. How do you tend to respond when this happens?

Describe a time when you went to someone you hurt seeking reconciliation. How did it go?

Is there a relationship in your life that seems to be defined by anger, or insult, or ridicule? Are you holding on to this pattern partly because you don't know any other way for that relationship to exist? Talk with your group about that relationship. Let them help you imagine a way it can be reshaped.

Who has God revealed to you that you have hurt? Who should you be seeking reconciliation with? Are you afraid to approach that person?

Briefly share this situation with your group and have them pray with you about it.

(It is ok to limit the details you share with your group but you should apologize for specific actions when speaking with the person you are seeking to be reconciled with.)

If you haven't already done so, please ask God to transform the individual relationships that have been discussed.

Pray for our church – that we will be a community defined by reconciliation that is made possible by the power of Jesus and our desire to live by his kingdom values.

Pray for our world – that reconciliation will become a reality through Jesus.