



ANGER MANAGEMENT

June 27, 2021 // Tyler Scott, Lead Pastor

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Killing is a terrible sin, but anger is a great sin too, because it violates God's command to love. As we continue to look at the Greatest Sermon Of All Time, taught by the Greatest Teacher Of All Time...**JESUS**, we see that Jesus is teaching us about the dangerous emotion of anger.

DISCUSSION QUESTION:

1. When was someone very angry with you, or when were you very angry with someone else? Then what happened?

BIG IDEA: Don't let your anger stew, but seek to reconcile quickly.

READ Matthew 5:21-22: Anger is a dangerous emotion that can leap out of control leading to violence, emotional hurt, increased mental stress and spiritual damage.

DISCUSSION QUESTION:

2. When are you most prone to let your anger stew at someone?



Tyler used this picture as a demonstration of the "roots" of stewing anger. What does it mean to you?

READ Matthew 5:23-24. Broken relationships can hinder our relationship with God. What do these passages tell us we are to do if we have a grievance or problem with someone? Is that difficult or simple for you to do? Discuss.

Reconciling relationships is more important than rituals.

READ Matthew 5:25-26. In Jesus' day someone who couldn't pay a debt was thrown into prison until the debt was paid. Unless someone came to pay the debt for the prisoner, he or she would probably die there. How does this passage apply to us today?

Settle matters quickly! The longer you wait, the harder it gets.

READ Ephesians 4:26-27. The Bible doesn't tell us that we shouldn't feel angry, but it points out that it is important to handle anger properly.

DISCUSSION QUESTION:

3. What are some negative effects of letting anger stew, and some benefits to reconciling quickly? Why do you think Jesus cares about this so much?

COMMIT TO MEMORY: Matthew 5:21-22a