

“Anger Management”

Matthew 5:21-26

Today's BIG IDEA:

Anger ruins our relationships with both people and God.

1. The Law's _____ (v.21)

(Exodus 20:13; Genesis 4:10; 9:5-6)

2. The Lord's _____ (v.22-26)

- Jesus didn't just condemn sinful **actions**. He condemned sinful **attitudes**.

A. A **CLARIFICATION** regarding anger (v.22)

(Exodus 34:6; James 4:1-2)

- God's anger is always **righteous**, but our anger is usually **self-righteous**.

B. The _____ of anger (v.22)

(1 John 3:15)

C. Two **CASE STUDIES** involving anger (v.23-26)

3. Our APPLICATION

A. _____ anger as sin
(Ephesians 4:31; James 1:20)

B. _____ anger quickly and urgently
(Ephesians 4:26-27)

C. _____ with grace and love
(Proverbs 29:11)

D. Be _____ of God's grace
(Matthew 5:20; Ephesians 4:31-32)

- Our only hope for defeating anger is to constantly look to the cross.

APPLICATION QUESTIONS:

1. What is the result of living in anger, both in this life and for eternity? Why is anger such a big deal?
2. Do you struggle with anger? What things/circumstances cause you to get angry? Is your anger righteous or self-righteous?
3. What are some biblical ways to deal with our anger? How can we learn to be more gracious?