



## RECLAIMING ANGER

Matthew 5:21 – 26

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Jason was born and raised in Ventura and grew up attending Bible Fellowship Church (now ENCOUNTER) eventually serving as its Youth Pastor for more years than he can remember. In 2010, he and his wife led a team of faithful servants to launch Catalyst Church in Santa Paula where he continues to serve as a pastor. He has three children, Hannah, Clint, and Lexi, that he thinks are pretty great and he has been married to Amy for 28 years. He spends his free time camping, fishing, traveling, reading, and watching Angels baseball & Packers football.

### MESSAGE NOTES

Matthew 5 The Message

vs. 21 – 22

*You're familiar with the command to the ancients, "Do not murder." I'm telling you that anyone who is so much as angry with a brother or sister is guilty of murder. Carelessly call a brother 'idiot!' and you just might find yourself hauled into court. Thoughtlessly yell "stupid!" at a sister and you are on the brink of hellfire. The simple moral fact is that words kill.*

vs. 23 – 24

*This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God.*

vs. 25 – 26

*Or say you're out on the street and an old enemy accosts you. Don't lose a minute. Make the first move; make things right with him. After all, if you leave the first move to him, knowing his track record, you're likely to end up in court, maybe even jail. If that happens, you won't get out without a stiff fine.*

*I know, my God, that you examine our hearts and rejoice when you find integrity there. You know I have done all this with good motives, and I have watched your people offer their gifts willingly and joyously. — 1 Chronicles 29:17 (NLT)*

*Create in me a clean heart, O God. Renew a loyal spirit within me. — Psalm 51:10 (NLT)*

*Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts. — 2 Timothy 2:22 (NLT)*

*God blesses those whose hearts are pure, for they will see God. — Matthew 5:8 (NLT)*

*But the Lord said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart." — 1 Samuel 16:7 (NLT)*

*Our purpose is to please God, not people. He alone examines the motives of our hearts. — 1 Thessalonians 2:4 (NLT)*

*A bit in the mouth of a horse controls the whole horse. A small rudder on a huge ship in the hands of a skilled captain sets a course in the face of the strongest winds. A word out of your mouth may seem of no account, but it can accomplish nearly anything — or destroy it! It only takes a spark, remember, to set off a forest fire. A careless or wrongly placed word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell. — James 3:3 – 6 (The Message)*



*Jesus entered the Temple and began to drive out all the people buying and selling animals for sacrifice. He knocked over the tables of the money changers and the chairs of those selling doves. He said to them, "The Scriptures declare, 'My Temple will be called a house of prayer,' but you have turned it into a den of thieves!" The blind and the lame came to Him in the Temple, and He healed them. — Matthew 21:12 – 14 (NLT)*

**Jesus was angry on behalf of those who were mistreated.**

**When Jesus got angry, He flipped tables, He didn't flip people.**

**When Jesus got angry, He loved and healed those who were hurting (and even hurting Him.)**

*People with understanding control their anger; a hot temper shows great foolishness. — Proverbs 14:29 (NLT)*

*Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. — James 1:19 (NLT)*

**Consciously acknowledge to yourself that you are angry.**

**Restrain your immediate response.**

**Locate the focus of your anger.**

**Take constructive action.**

## **DISCUSSION QUESTIONS**

Read Matthew 5:21 – 26

- What does God want you to understand from this passage?
- What was challenging to you about Christ's teaching on anger?
- How well do you understand your own anger? Under what circumstances do you get angry? With whom? Do you see any patterns? What are they?
- Verse 23 suggests that the quality of your relationships with other people is a very high priority. What does this tell you? How seriously do you take this? How does this — or will this — affect your behavior? Why?
- Read 1 Chronicles 29:17. How does understanding that reclaiming anger is a heart issue help you fight and win the battle?
- Read Proverbs 27:17. What hope does this verse give you as you strive to reclaim anger? Who's the friend that can help sharpen this area of your life? Have you invited them into your battle?
- What does God want you to do this week based on Christ's teaching on anger?