

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step

**Read Matthew 5:21-26**

In the Sermon on the Mount Jesus uses a repetitive technique where he says, “you have heard it said ... but I say ....” In this section Jesus connects anger with murder.

- Why does Jesus liken anger as a form of murder?
- In contemporary translations the term “brother” is often translated as “someone.” Do you think that Jesus is talking about a relative or does the term have a broader application?
- What are some of the most common causes of anger?
- In what ways do our mouths get us in trouble?
- Why is it important to settle matters with others before offering worship to God?

**Read Ephesians 4:26-27; Mark 3:1-5**

- What does the passage from Ephesians say about anger?
- Is anger good or bad? How can you be sure?
- What does it mean not to allow the sun to go down on your anger?
- What does it mean that Jesus was angry in the Mark passage?

**Read James 1:19-20**

- What kind of life does anger produce?
- What is the secret of being “slow to become angry”?
- Connect these words to the Mark passage above. How do you view Jesus’ anger in light of this passage.

**Read Genesis 4:3-8; Proverbs 29:11, 22**

- According to these verses, what can anger cause us to do?

- When have you seen anger affect someone’s life in a negative way? What about your own life?

**Read Proverbs 15:1; 17:14; 19:11; 22:24-25**

- According to these verses, what are some practical ways to stop anger in our lives before it even gets started?
- When have you seen these principles work in real life?
- Which of these principles have been most effective in your own life? Which do you need to begin practicing?

**Read Matthew 5:9**

It isn’t easy being a peacemaker. Yet Jesus reminds us that those who bring peace are children of God?

- How can you help to bring peace as you learn the virtue of patience?
- In week one we learned that God is in the “replacement business.” Have you been cooperative when God seeks to replace anger with patience?

**My Next Step Today Is To . . .**

- Trust Jesus with my life.
- Pray and ask God to help me control my anger in the area of \_\_\_\_\_.
- Set aside time everyday this week to practice the discipline of silence.
- Meditate on and/or memorize Matthew 5:9

**Talk It Over with God:**

These prayer tips can guide your time alone with God each day. Praying with a friend or a small group might help you stick to it.

- Talk to God specifically about a situation you are facing that tends to lead to anger. Don’t rush, but allow the Holy Spirit to help you discover the root of your anger.
- Ask God to reveal to you any subtle manifestations of anger in your life.
- If you are increasingly addicted to anger, commit this area of your life to God and then get help.
- Pray that you will increasingly be peacemaker as you learn the virtue of patience.