

**Theme: Commands of Jesus 6 – Matthew 5:21-26**

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**To Get Us Started/ Icebreaker:** Share with your cell something that really makes you angry and that lights your 'blue touch-paper'! Why does this happen?

**Word:**

Please read **Matthew 5:21-26**

Verse 22 is our particular focus.

**"...anyone who is angry with his brother will be subject to judgement..."**

Look together at the following verses in relation to 'unrighteous' anger:

**James 1:19-21**

Sometimes we can be quick to form judgements about people before we've even heard what they have to say

Q. Why is this and how do these verses from James help us?

Q. What in your opinion are the most common causes of anger in people's hearts?

Have a look at **Genesis 4:3-11** which is the story of Cain & Abel.

Q. What does this account tell us about the subject of anger, its causes and consequences?

The Bible has some passages which can give us ways to overcome anger. Have a look at the following:

**Ephesians 4:26-26; Colossians 3:5-8; Proverbs 10:12 & 1 John 1:9.**

Q. Do any others come to mind?

Jesus was specifically talking about believers being angry with one another in the Matthew 5 passage. Read through it again and look at the consequences of such actions.

Q. What practical ways can we guard against such attitudes?

Not all anger is bad. As we read from Ephesians which quotes Psalm 4:4 that in our anger we are not to sin.

Have a look at **Mark 11:12-17.**

Q. In what ways was Jesus demonstrating 'righteous anger'?

Q. Do you have any examples of righteous anger from your own experience?

God gets angry in a righteous way too. Have a look at the following few passages on the subject:

**Exodus 34:6; 2 Kings 22:15-20; Psalm 30:5; Mark 3:1-5; Revelation 3:14-16;**

Q. What gets God angry, why & how can we guard against this?

Q. In the light of all the above, how should we live our lives before men and God?

Q. What do you think is the specific commandment from Matthew 5:21-26?

**Worship:** Spend some time expressing biblical truths about God (from some of the above passages) and use them to worship Him. Also thank Him for His mercy towards those who are truly repentant.

**Witness:**

Some of the consequences of harbouring anger within our hearts towards others (or even ourselves) can include: Bad attitudes; foul language; evil thoughts; rage; obsessions; depression or lack of concentration. Prayerfully think back over the last week and review some of the situations you were faced with.

Q. How did the Lord help you when you overcame and what mistakes did you make and what can you learn from them?

Q. What kind of witness were we?! Be honest - if you 'lost it' it might be that the Lord wants you to ask forgiveness from family members or work colleagues in the light of what we have learnt. In this way they'll (hopefully!) see we can occasionally lapse, but with God's help continue to move forward in this area of our lives. Pray into this together.