



Sermon on the Mount
RAISE THE BAR

Life Groups Discussion Guide
January 19, 2020

ANGER Matthew 5:21–26

CONNECT

1. On a daily basis, how often do you witness people getting angry or insulting each other? How often do you get angry or insult others? How does it affect your life?

CELEBRATE

2. Consider who God is and how He longs for us to treat each other (1 John 4:7–8). Why then does God warn us so strongly against anger?
3. Read John 2:13–22 & Ephesians 4:26. Is all anger wrong? How should we steward anger based on these passages?
4. The insult “Raca” from Matthew 5:22 denigrates people, calling them worthless and denying them respect. It was a common expression and everyone used it. Yet Jesus forbids it. Why? What do we say today that carries the same meaning?
5. How do you talk about people behind closed doors? How do you think about people in the privacy of your own thoughts? Do you denigrate others? Do you elevate yourself over others? Do you insult their character and attack their faults? Based on Matthew 5:21–22, what danger do these thoughts place you in? If you need to, take time in prayer to confess and repent before God.
6. In Matthew 5:21–26, Jesus removes every excuse. He does not let us stay angry at anyone or avoid pursuing reconciliation with anyone. Jesus raises the bar, commanding us to honor and love everyone. How do you react to this thought? How does it make you feel to think of living this way? How does it make you feel to think of others treating you this way?
7. How does our anger at each other affect our worship to God? See Matthew 5:23–24 & James 3:9–12.

CONTRIBUTE

8. Take a moment to look around your group and consider if you are angry with anyone or if anyone has cause to be angry with you. If so, deal with it immediately so that everyone in your group will be reconciled to each other before your meeting ends.
9. Think about the people in your life—co-workers, friends, neighbors, family. Think particularly of non-Christians. Do any of them have cause to be angry at you? Pray for God to bring to mind anyone who might have something against you. This week, go to them and pursue reconciliation.
10. We’re entering an election year filled with opportunities to divide, grow angry and insult others. Think together about how to go into this by fully living out Jesus’ teaching, instead of succumbing to the way of the world.