

Jesus On Anger

Pastor Adam Martin

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Read:

Exodus 20:13; Matthew 5: 20-24

Reflect:

This week, Pastor Adam Martin explores what Jesus taught about anger, and how to deal with our anger before it becomes harmful.

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Do you have a “helmet” story?

1. What is Anger?

1. Read the definition of anger from the message notes. Do you agree with this definition? What do you add or take away from it?

2. What is the big deal?

1. Read Matthew 5:21-22. What is your response to this verse? What does it tell us about Jesus' opinion of anger?
2. In your own words, what problems can anger cause?

3. How do we deal with anger?

1. Summarize the action steps laid out by Pastor Adam. Which steps stand out to you as the most challenging?
2. If you are struggling with anger, what steps can you take today to deal with that anger?

Where is God leading you? How can your small group support you?