



Dealing with Anger

This can be found in Matthew 5:21-26

think

What make you angry?

In small groups each draw pictures or act out in front of the others what makes you angry and see if they can work out what makes you angry.

discover

Read: Matthew 5:21-22



Just before this teaching on anger, Jesus was telling the people that he has come to fulfil the law. Like a balloon that becomes filled with air, Jesus fills God's law with even fuller meaning.

- In v. 21-22 how does Jesus give fuller meaning to the command not to murder? Does this surprise you?

Read: Matthew 5: 23-26

- Who is Jesus talking to here – the one who is angry or the one who one who has done wrong?
- What action should that person take?

Review: Matthew 5: 3-12 ('the Beatitudes')

- How does Jesus's instructions here on dealing with anger help his followers to live out these characteristics of God's happy people?

Discuss & Do

1. Blow up a balloon and draw a large heart on it.
2. Talk about what it is that your heart most loves that is causing you to feel angry and write or draw those reasons in the heart. *e.g. not getting what we want, our wrong being found-out.*
3. Talk about how Jesus perfectly lived the good life described in The Beatitudes, and what his heart most loves.
4. Attach a prayer card to your balloon. Add your response on the first dotted lines.
5. With wet tissue rub out your impure heart and talk about how God looks on his people as if they had lived Jesus's perfect life.
6. Complete the second part of the prayer about how you would like Jesus, by his Spirit, to change your heart.