



Bringing Peace To My Angry World

Jesus on Anger: Matthew 5:21-26

“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ But I (Jesus) say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God. When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. And if that happens, you surely won’t be free again until you have paid the last penny.”

Matthew 5:21-26 (NLT)

HOW TO BRING PEACE TO MY ANGRY WORLD

1. Understand what anger really is. (It’s a heart issue.)

“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ But I (Jesus) say, if you are even angry with someone...” **Matthew 5:21-22 (NLT)**

Anger is a secondary emotion. (Look up the “Anger Iceberg.”)

2. I shouldn't be surprised by the anger of lost people.

But the natural [unbelieving] man does not accept the things [the teachings and revelations] of the Spirit of God, for they are foolishness [absurd and illogical] to him; and he is incapable of understanding them, because they are spiritually discerned and appreciated...

1 Corinthians 2:14 (AMP)

You (Lord) will keep in perfect peace all who trust in You, all whose thoughts are fixed on You! Trust in the LORD always, for the LORD God is the eternal Rock. Isaiah 26:3-4 (NLT)

3. I should be surprised by my own anger.

"But I (Jesus) say, if you are even angry..." Matthew 5:22 (NLT)

4. I should give my anger, and the reason beneath it, to the one who can heal it. (Grab a cup.)

"Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine."

Luke 22:42 (NLT)

5. Choose to be His instrument of peace. (Do the righteous thing.)
(Ephesians 4:31-32, Romans 12:21, Romans 12:17-19)

God blesses those who work for peace, for they will be called the children of God. Matthew 5:9 (NLT)

Going deeper on your own: Read Matthew 5:21-26 five times slowly and out loud. Make notes of what stands out to you. Pastor Jay stated, "As a follower of Christ, if we are perpetually angry, we should be surprised." Would you agree or disagree? Why? We also learned that anger is a secondary emotion, meaning there is something at the root of it. Look up the "Anger Iceberg." If you are harboring anger, try to discover what the motivation is beneath it. Now, review points 4 & 5 above. Look up the passages and read them carefully. Ask the Lord what He would have you do this week to end your anger. For additional help on overcoming anger God's way, look up the following article <https://www.familylife.com/articles/topics/life-issues/challenges/mental-and-emotional-issues/dealing-with-your-anger/>.