



Part 2: Reconciliation

The presence of anger alerts us that there's danger. It may seem harmless or like a passing phenomenon, but if we don't deal well with our anger the consequences can be devastating.

Scripture: Matthew 5:21-26

Bottom Line: To deal with the danger of anger: release and seek peace.

Discussion Questions

1. What are the kinds of things or situations that make you really angry? How do you respond when you are mad? How do you respond to anger when it wells up in you?
2. Read Matthew 5:21-26. In verses 21-22, what are the actions or attitudes that Jesus talks about and what are the consequences he mentions?
3. Why do you think he does this? Why does he start by talking about murder? Do you think Jesus is making too big of a deal about anger and insults? Why or why not?
4. Jesus gives 2 illustrations of seeking reconciliation. What do these illustrations teach us about how to deal with anger/malice/broken relationships? These illustrations show that we are to be active not only when we are angry but when we have caused others to be angry. What is challenging about that?
5. How would you deal with someone who was unfairly angry with you or who wouldn't reconcile with you despite your best efforts?
6. Read Ephesians 4:26-27. What is the contrast that is described in these verses? How does this passage contribute to what Jesus taught us about dealing with our anger?
7. If you had a friend who was dealing with a situation in which they needed to seek reconciliation with someone, what steps would you recommend to them based on this passage?

Moving Forward

Do you think there are appropriate times to be angry? Why or why not? If there are, what should make us angry and how should we deal with anger?

Is there someone with whom you need to seek reconciliation by either forgiving them or seeking their forgiveness?