

MOOREBANK – HAMMONDVILLE ANGLICAN CHURCHES  
QUESTIONS FOR DISCUSSION OR REFLECTION

Matthew 5:21-26

1. Think about the last time that you can remember you were angry. Was it with a person or a situation? Why do you think you felt the way you did??
2. Read Jesus words in Matthew 5:21-22. What do Jesus words reveal about the relationship between anger and murder? Do you agree with him? Read the story of Cain and Abel in Genesis 4 – where did it start to go wrong?
3. Why does the apostle John write “ Everyone who hates his brother is a murderer” (1 John 3: 15). Is there someone you need to stop hating?
4. Mark 3 is the one place the New Testament explicitly says Jesus was angry (surprisingly not the temple clearing – but it’s hard to imagine otherwise!). Why is Jesus angry? What is Jesus response to the sufferings inflicted upon him (Luke 23:34)?
5. Are you more likely to be angered by personal injustice or indignity that you have suffered or the injustices suffered by others? Why do you think this is so? What would it mean for you to become more like Jesus in this area? How does Matthew 5:3-4 help us here?
6. Jesus says Blessed are the meek (Matt 5:5). What assurance do you have the God will help transform you in this area? What can you do to keep in step with the Spirit here? (Romans 12:1-2, Galatians 5:22-23).
7. Why do you think Jesus is so unqualified in his warning against anger – when other parts of Scripture tell us what to do when are legitimately angry (Eph 4:26? What does that suggest about the message that we need to hear?
8. Read Ephesians 4:26 and James 1:19-20. What advice do these verses give to us about dealing with our anger? What are we to be slow in? What are we to be quick in?
9. Discuss together situations where you have seen someone deal with anger well. What made it admirable? What did you learn from the example?
10. Why not have a go this week at Memorising James 1:19-20 and Eph 4:26?