



"Murder, Anger and Me"
Week 3 in an 11-week Series

Preached: September 28, 2025
Scripture: Matthew 5:21-26
Series: "Sermon on the Mount"

SECTION 1 – READ MATTHEW 5:1-26 OUT LOUD TOGETHER

SECTION 2 – GROWTH GROUP QUESTIONS

1. When have you been the most angry in the last month? How did you respond? If you could go back and do it again, how could you have responded differently?
2. Why do you think Jesus begins a conversation about anger with the Commandment "Thou shalt not murder?"
3. Verse 22 tells us that your anger will be met with God's judgment. What do you think that means? What do you think that looks like?
4. Is there a "quiet anger" that you carry around with you that is not easily seen but exists right there under the surface? What do you think Jesus wants us to do with our "Just-under-the-surface" anger?

5. Are there things that are worth getting angry about? Is there such a thing as “righteous anger?” If so, how do we know what is worthy of being labeled “righteous anger” and what is just what we want to be angry about in our own minds?
6. How does meeting with a group of Christians on a regular basis help us address the things that make us angry?
7. The second part of verse 22 names two other kinds of things to be angry about. What is Jesus trying to communicate with this part of the passage?

SECTION 3 – PRAYER

As you have all shared things that make you angry today, how can we pray for one another and the things that make us angry? How do we actually pray for each other in these struggles? What kinds of prayers will help us reveal the anger and allow God’s spirit to come in and heal the wounds that lead us to the anger?

SECTION 4 – SPIRITUAL PRACTICE

Angry. What would it look like to pause as you can feel the anger coming on? What does it look like to see the people around us as created in the image of God rather than adversaries, enemies or people to battle with? How can we begin to place our anger at the foot of the Cross and allow The Holy Spirit to come in and do a new work in us?

SECTION 5 – ADDITIONAL RESOURCES

In 2024, the Bible Project spent the entire year focused on the Sermon on the Mount. During our study and reflection, I will identify specific resources from them that can expand your perspective on the ins and outs of the words of Jesus. The following gives a good overview of Matthew 5:17-20.

<https://podcasts.apple.com/us/podcast/bibleproject>