

LIFE WISDOM FROM THE
SERMON ON THE MOUNT

RAISING THE BAR

Anger & Murder
Feb. 13/14

Angry people are three times more likely to have a stroke, 19 percent more likely to get heart disease, and an angry outburst doubles your chance for a heart attack. But managing your anger doesn't just give you a health boost—the Bible says it will also lead to a wiser and more fulfilling life.

DISCUSSION QUESTIONS

1. "My anger is caused by other people or things." "I can't control my anger." "Quiet people are less angry." Which of these common myths have you believed to be true? What behaviors might you need to change based on these myths?
2. There are two types of angry people: Spewers and stewers. Spewers express their anger while stewers suppress it. Which one are you? Discuss how you deal with anger.
3. Read **Matthew 5:21**. Why do you believe Jesus compares the judgment for anger to the judgment for murder?
4. Discuss righteous anger—the kind of anger that arises from an accurate perception of evil. What are some examples you've seen in the world, Bible or your life where righteous anger could be appropriate?

CHALLENGE

This week pay attention to times when you feel angry. Use the three practical steps to reduce your anger: Save as a draft, ask yourself what's behind your anger, and tell yourself you could be wrong.

COMMIT TO MEMORY

A gentle answer turns away wrath, but harsh words stir up anger.

Proverbs 15:1