



What is the series about?

We will be going through Jesus' sermon on the mount in Matthew from chapters 5-7 and exploring what it looks like to live like Jesus.

Listen to the audio

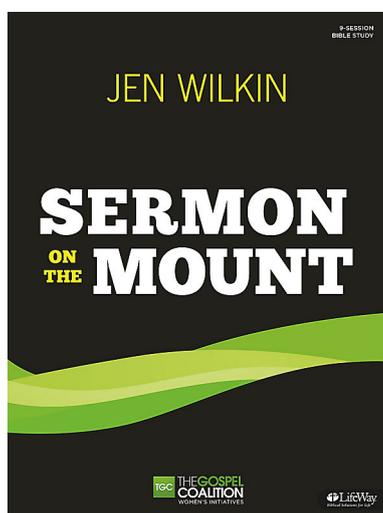
On the King's Norwich app or at: kingsnorwich.com/likejesus

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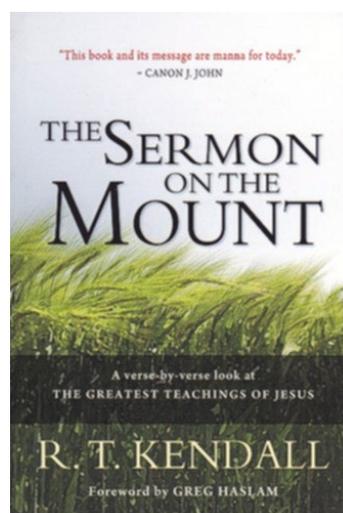
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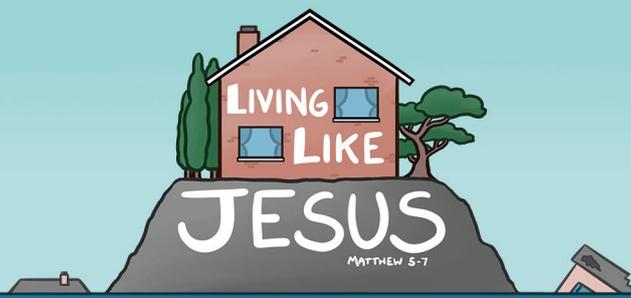
Recommended Reading

Sermon on the Mount
Jen Wilkin



The Sermon on the Mount
R.T. Kendall





Title: Anger management

Speaker: Marcus Tutt (All Sites)

Bible Ref: Matthew 5:21-26

Overview

Not only did Jesus fulfil the OT law, he enables us to live it out too. *"You shall not murder"* was one of the 10 commandments, *"but I say to you"* (Wow what a thing to say!) *"that everyone who is angry with his brother will be liable to judgment"*. Being in the image of God has massive implications for how we speak, treat and think about each other (*James 3:9-10*). Different people express anger in different ways (Rhinos and Hedgehogs and Rhine-hogs). Anger is not necessarily wrong. God gets angry at injustice (*Mark 3:5, Rev 14:9-12*). But it's not a healthy or helpful emotion for us to act out of or let linger (*Ephesians 4:26-27, James 1:19-20*). We have done wrong ourselves and anger can blind us to our own need of God's grace, forgiveness and healing. We glorify God by receiving his grace and expressing it to others, even those who have hurt us, through forgiveness, mercy, kindness and love.

Questions to help your group understand the truth preached

On Sundays we hear God's word preached and as we listen well we trust that God is changing us in the moment. Use these questions to further explore the truth that was taught.

1. Why is it wrong to murder? (*Genesis 9:6*)
2. What has anger got to do with murder? (*Genesis 4:1-12; Ephesians 4:26-27; James 1:19-20; James 3:9-10*)
3. Why does Jesus talk about judgment? (*Exodus 21:12; Leviticus 24:17, 21b,22; Numbers 35:30*)

Questions to help your group apply the truth preached

When applied, God's Word will enable us to love God and to love others. These questions will help your group apply the truth understood in a way that leads to transformed lives.

1. If God can act out of anger, why is it such a dangerous emotion for us? (*Rev 14:9-12; Mark 3:5; John 8:7; Eccl 7:9; Isaiah 12:1; Matthew 6:9-13*)
2. How can we not let anger lodge in our hearts? (*Eph 4:30-32; 1 John 4:19; Matthew 5:38-48...*)
3. If someone had something against you, how might you seek to restore the relationship? (*Mat 5:23-24*)

Questions to help your group dig deeper

Having understood the truth preached, and explored how it can be applied to your lives why not dig a little deeper and ask your group the following questions:

1. What does it mean to be made in "God's image"?
2. What are the implications of Jesus' statement *"But I say to you?"*
3. Is it right for rulers, governments and authorities to judge and punish people for wrong doing? Why? (*Romans 13:4*)