

**Message Series Guide**  
**Summer on the Mount**  
**Part 3 – Anger + Lust**  
**Matthew 5:21-30**



Our heart has a way of telling on us. Our behaviors do not emerge from nothing. They faithfully reveal what's in our heart. Overcoming anger and lust are simply the result of a heart that is built on the foundation of purity in Christ.

**READ:**

Micah 5:21-30 • Proverbs 14:29 • James 1:19-20 • 1 John 2:16

**DISCUSS:**

- Why does Jesus move from commands like “Do not murder” and “Do not commit adultery” to warnings against anger and lust? What is Jesus revealing about the heart?
- Is all anger bad? What kind of anger is most dangerous?
- What is the principle from Jesus’ illustration about not giving an offering if someone has an offense against you? How does Jesus’ warning to settle disputes on the way to court reveal about how we are to deal with conflict with others?
- What is lust? Why is lust a matter of the heart more than a matter of the eyes? Can we ever satisfy the desires of lust?
- What does Jesus use vivid language about gouging out the eye and cutting off the hand tell us about the danger of hell?
- How can believers help one another fight the sin and lust?
- How is Jesus a better reward than what is gained by revenge or lust?
- How does the power of the Gospel help us overcome anger and lust?

**PRAY:**

Pray that you will always pursue a path of purity (Matthew 5:8).

**RESPOND:**

Make a list of ways you can quickly deal with your anger/lust.