

JESUS' GUIDE TO ANGER MANAGEMENT

Pastor Chad Gilligan | November 6, 2022

I. THE SERMON ON THE MOUNT

A. Jesus is teaching His followers that life in the Kingdom of God is different than life in the world's kingdom.

Matthew 5:17-18 "Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished.

B. God's Word is true and relevant today.

- All of God's Word is fulfilled in Jesus.

Matthew 5:19-20 Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

C. Life in God's Kingdom is lived from the inside-out.

- Jesus flips the script to focus on inside and not the outside.
- You can be right on the outside, and still be wrong on the inside.

II. JESUS' GUIDE TO ANGER MANAGEMENT

Matthew 5:21 "You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.'

Matthew 5:22 But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell.

1. Understand Anger

A. Anger takes life from another person.

1 John 3:15 Anyone who hates a brother or sister is a murderer, and you know that no murderer has eternal life residing in him.

James 1:19-20 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

B. Anger steals life from you.

Matthew 5:23 “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you,

2. Take A Look at Yourself

A. Questions For Examining Our Anger

- When am I prone to anger?
- Who has something against me?
- What is keeping me from making things right?

Matthew 5:23-26 “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. “Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. Truly I tell you, you will not get out until you have paid the last penny.”

3. If Something is Wrong, Make It Right

A. Right worship begins with right relationships.

Mark 11:24-25 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.”

B. Delayed reconciliation has costly consequences.

Ephesians 4:26-27 “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”