

1. Describe a situation (if appropriate) where anger got the best of you. Why did you become angry? What became of it? If you had the opportunity to coach yourself through the situation, what would you have said?
2. Read Matthew 5:21–26. To what does Jesus compare anger? Is the comparison fair? Why or why not?
3. In Matthew 5:22, Jesus recognizes anger as a state of being, an inward reality. How does our perception of ourselves influence our propensity for anger?
4. Read Ephesians 4:26–31. What does Paul contribute to the conversation about anger? Why does he include the possibility of grieving the Holy Spirit in the same context? How does what he shares help us think about “righteous anger”?
5. Back to Matthew 5:22, in what ways does Jesus warn against the outward expression of anger? What are the potential consequences for such demonstrations?
6. Reread Matthew 5:23–26. In light of Jesus’ warnings about anger, what two imperatives does he offer? What principles are behind the imperatives? How would following them change your life or the lives of those around you?
7. Take a few moments to confess any lingering inappropriate anger. Ask God to forgive you and to reveal where he is calling you to be reconciled in any broken relationships.