

## YOU HAVE HEARD THAT IT WAS SAID: PAYING ATTENTION TO ANGER

Sunday message from August 14, 2022

~ Notes & Reflections ~

[Matthew 5.21-26](#)

- **Anger is prominent in our culture today: “outrage culture”**
  - ❖ How have you experienced “outrage culture”? In what ways, overt or subtle, have you participated in it?
  - ❖ Take a moment to sit before God, asking him to prepare your heart for what comfort and conviction may arise during this series. What might it look like to Jesus’ words to get at the root of your heart?
- **Rather than attending to their hearts, the religious leaders sought to institutionalize righteousness.**
  - ❖ Read [Isaiah 1.11-20](#). What do you observe about God in this passage? Describe his anger and how he responds to it. What might he be inviting you into through this passage?
- **The Sermon on the Mount starts with you. Jesus wants your heart, not your moralism. Jesus calls us beyond the law to examine our hearts.**
  - ❖ Read [Matthew 5.21-26](#) slowly. What stands out to you? How do you see these words of Jesus seeking the root of the heart in his listeners? How might he be speaking to the root of your heart?
- **“Don’t get angry” is not a proper interpretation/application of this passage.**
  - ❖ Anger is subject to judgement, but should not be dismissed.
- **Jesus addresses both sides of a conflict—the offender and the offended.**
- **Jesus calls his followers to seek peace and reconciliation.**
  - ❖ This means listening when someone is angry with us.
  - ❖ How have you experienced this: either the power of listening or the consequences of not listening?
- **Pay attention to the anger. Let it cause you to examine your heart.**
  - ❖ What person or situation has angered you recently? Take a few moments to sit with this anger and explore what is going on inside you. What is causing it—injustice, sin, sadness, fear or something else? Take these things before God and respond to him in prayer—intercession, honest sharing of pain, confession and repentance, praise or whatever else comes to mind. How might God respond to you as you sit before him (maybe there is a Scripture, image or word that comes to mind)?
- **Anger pushed down, minimized or ignored leads to a death in someone’s soul—bitterness and contempt.**
  - ❖ How have you experienced this in your own soul? What might God be inviting you into regarding that?
- **Anger explored, communicated and dealt with leads toward restoration.**
  - ❖ How have you experienced this in your own soul? What might God be inviting you into regarding that?
- What statements or aspects of this message bring comfort? Which bring conviction? Take some time to talk to God about what bubbles up as you read/hear and reflect on this message.
- What might God be inviting you into as a response to this message/reflection on anger?