



(RE)THINKING

Sunday, April 28, 2024

TITLE: Anger Mismanagement

TEXT: Matthew 5:21-26

LEGAL vs. MORAL

Does following the **letter of the law** make you a good person?

Dr. King: "Morality cannot be legislated, but behavior can be regulated. Judicial decrees may not change the heart, but they can restrain the heartless. The ultimate solution...lies in the willingness of men to obey the

_____."
You can keep the "letter of the Law" and miss the _____ and _____ of God within the Law itself.

CASE STUDY #1

The Standard Way: "whoever murders will be subject to _____"

Jesus' Expansion:

- Angry at a brother = Put on trial
- "Raka" (i.e. worthless, showing contempt) = Taken before the Supreme Court
- "Not even worth my time" = Standing judgment before _____

Amy-Jill Levine: "Jesus sees connections between murder and insult, death and name-calling He's right. We've heard that "Sticks and stones can break my bones, but names can never hurt me," but the saying is wrong. Names hurt. Names kill."

DON'T LET ANGER DRIVE YOU

Genesis 4:6-7 – "Why are you _____? And why do you look despondent? If you do what is right, won't you be accepted? But if you do not do what is right, sin is crouching at the door. Its desire is for you, but you must rule over it."

Dallas Willard: "Anger indulged, instead of simply waved off, always has in it an element of self-righteousness and vanity. Find a person who has embraced anger, and you find a person with a wounded _____."

See *Ephesians 4:26-27; Colossians 3:8; James 1:19-20*

A GREATER RIGHTEOUSNESS

"You shall not murder" < "Preserve, support, and protect life" (Bonhoeffer)

Be Reconciled.

Hoses 6:6 – "For I desire _____, not sacrifice.

Psalm 23:5 – "You prepare a table before me in the presence of my _____"

HEAD, HEART, AND HANDS

#1: Turn off the _____ Machines

- **Philippians 4:8** – Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.

#2: Practice _____

- **Brené Brown:** "All I know is that my life is better when I assume that people are doing their best. It keeps me out of judgment and lets me focus on what is, and not what should or could be."

#3: Make Things Right

- A. "The best apology is changed _____"
- B. "People are hard to _____ close up. Move in." (**Brené Brown**)

GOING DEEPER | Study & Discussion Questions

1. The sermon opened with a question: *Does following the letter of the law make you a good person?* How would you answer that question? Explain.
2. Why do you think Jesus warns us against anger and insults? Why do you think the potential punishments ramp up so quickly?
3. Dallas Willard wrote, "Find a person who has embraced anger, and you find a person with a wounded ego." Do you agree or disagree? Explain. Why can this be a dangerous way to live?
4. Ultimately, what is the heart and wisdom of God behind the command "You shall not murder"?
5. Do you find yourself engaging with the world's outrage cycles? When do you notice anger trying to take the wheel most often? Which of the three steps (Head, Heart, and Hands above) challenges you the most? Why?