



new life fellowship

Sermon Title: **Life Beneath the Surface - Anger**

Speaker: **Rich Villodas – Lead Pastor**

Scriptures: **Matthew 5:21-24**

Murder

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.’ 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.

²³ “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. (NIV)

Sermon Summary:

This Sunday, Pastor Rich will continue our series, Life Beneath the Surface. He will explore Jesus' words on **anger** from the Sermon on the Mount. Whether you have difficulty getting angry, or whether anger has been a destructive power in your life, this is a message for you.

Sermon Questions:

1. We are all impacted and influenced by anger. To what degree have you seen anger affect your life? (For example, do you struggle to express or allow yourself to feel anger or do you struggle to keep from expressing your anger in harmful ways?)
2. How have you seen anger impact our society as a whole? Where have you seen anger be a redemptive gift and where have you seen it become a destructive power?
3. The Greek word for anger in the passage ***organizomenos*** means “*carrying anger, remaining angry, nursing a grudge.*” It is not referring to a temporary or fleeting emotion of anger. How do you understand the difference? Are there places where you have been stewing and remaining in your anger and it has turned to contempt or speaking and harboring ‘raca’ in your life? Take time to confess that to Jesus and/or a trusted person.
4. Pastor Rich gave three action steps if we are carrying anger in our souls: pray attention to what our feelings reveal, pray attentively with our feelings, and process our feelings with safe community. When and how can you move to take these steps this week?