Witham United Reformed Church

Bible Study; Theme Anger!!!

I can honestly say that in my whole life I have never before preached on anger. Being a fairly laid back character, I confess that angry people scare me and I do my best to avoid them at all costs. Even before they open their mouths I can see by the look of their face that they will be spewing forth vitriol; and I go into panic mode, how can I get away from here?

Someone has said that anger is one letter short of danger, and on any Friday evening in Colchester town centre you can hear the raised voices before the skirmish begins. When people are angry, their adrenalin kicks in and like an erupting volcano they can burst into violence.

Our own anger might not be that dramatic, yet we all struggle with anger in some form. Some let it out and others internalise it. Either way unless it is handled carefully it can be very destructive.

Jesus had some good advice in his sermon on the mount.

Read; Matthew 5 vs 21-26

1/ How do you cope with your anger?

2/ When you are derogatory to someone, would you class it as ‘murder’ v 21-21

3/ Several times we read that Jesus was angry, but it was only ever a short blast; he never stayed angry. I can recall at least three occasions when this happened. Can you name them?

Why does v 22 include the words ‘without a cause’?

4/ What does Jesus say is the antidote to anger?

5/ Is it more important to be reconciled with someone that to worship God? Vs 23-24

6/ What do you think the meaning of vs 25-26? Especially in our context.

7/ What effect does smouldering anger have on people? What about their friends and family?

8/ Think about the times you have become angry, times you have called people names or disrespected them; how did the situation get resolved? Are there people you avoid because they are prone to anger?

How do we deal with angry friends?

Read v 23. Who must take the initiative?

“Jesus; O what a mystery, meekness and majesty”

Finish with prayer…