

Help for the Angry Heart

Matthew 5:21-26

²¹ "You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.'²² But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire.

"You have heard that it was said ... but I say to you ..."

¹³ "You shall not murder." (Exodus 20:13)

Jesus does not _____ or _____ the Law. (Matt 5:17-19)

Though ironically, the scribes and Pharisees did ...

Jesus does not _____ the Law.

Jesus _____ the full depth of _____ and the timeless _____ of the Law!

Therefore, not _____ anybody is not enough! God's judgment starts in the _____.

And what's at the heart of murder? _____.

Jesus is making it plain how _____ the issue of misplaced anger is.

And what's an expression – short of murder, but still sinful – of an angry heart?

_____, _____

And remember ... the issue is never _____ of me! When it comes to my anger, the root cause is always the condition of my _____. (Prov 4:23, Mark 7:20-23)

Addressing the Root (Heart) Causes of My Anger:

Pray for _____. (Rom. 12:1-2; Phil. 1:9-11).

Check my _____. (Prov 16:32, 19:11)

Surrender my _____. (James 4:1-2)

Confess my _____. (Psalm 37:8-9)

Choose to _____. (Prov. 19:11, Col 3:13)

Trust God's _____. (Nahum 1:3, Psalm 37:7-9, Rom 12:19-21)

Don't _____ up or _____ up. Instead, take _____ steps to address the cause and seek God-honoring _____, and do it with _____. (Prov 29:11, James 1:19-20)

Two examples:

²³ So if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. ²⁵ Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. ²⁶ Truly, I say to you, you will never get out until you have paid the last penny.

To my brother (or sister):

To my adversary:

My response to God and His Word today: