



How to Be Good and Angry

1. Read Matthew 5:21-26.

- How does Jesus' standard for dealing anger contrast with Jewish tradition in his time?
- What internal change (described in verses 21-22) is required in order for a person to take the external action of approaching someone who has something against you (verses 23-24)?
- What are the consequences for not doing this (verses 25-26)?

2. Read Matthew 5:41.

- How does willingly 'going the extra mile' test our real response to having our will thwarted?

3. Read Matthew 5: 6:9 – 15, a phrase at a time, thinking about God's will, your will and your frustrations.

As a group, close by praying together the Lord's Prayer consider opportunities to serve others.

Personal Spiritual Practice Ideas

1. Martin Luther's remedy for guilt for already confessed sins: make a list of your sins, admit them to God, then write over that list the words "The blood of Jesus Christ, God's son, cleanses us from all sins" – see 1 John 1:8,9.
2. Prayerfully consider your spiritual walk compared to the "5 Solas" the five slogans that expressed the essentials of Christianity from the Protestant Reformation.
 - a. Scripture alone
 - b. Grace alone
 - c. Faith alone
 - d. Christ alone
 - e. To the Glory of God alone
3. Consider how to understand and respond to anger better:



When We Get It Wrong

1. Read Matthew 5: 17-20 and 23: 25-28
 - What does Jesus say regarding the Old Testament Law and the Prophets?
 - The Pharisees were a sect that defined righteousness in terms of strict observance of God's law.
 - Why did Jesus say that our righteousness needs to surpass those of the Pharisees?
 - What do the metaphors that Jesus uses in the Matthew 23 passage communicate?
2. Read Luke 6:45
 - What determines the output of a person's words and actions?
 - What kind of things would be "good stored up" in a person's heart?
 - How might the description of "whitewashed tombs" describe church-goers today?
3. Read Colossians 3: 23-24
 - What does the Apostle Paul say about the attitude you should have towards all your activities at work, home, school, or other?



The Spin Problem

1. Read Matthew 5:33-37.
 - What is at the heart of Jesus' words?
 - What is the internal standard that is expected of Jesus' followers when it comes to integrity?
 - In addition to denial, what are other ways that we lie?
2. Read Deuteronomy 6:13; Genesis 14:22
 - What was the purpose of oaths in the Old Testament?
3. Read 1 Peter 2:1
 - What had Peter learnt from his experience around Jesus' death and resurrection?



Getting Even ... Better

Jesus continues to redefine for his followers the heart attitudes of *good people*.

1. Read Matthew 5:38–48
 - How are Jesus' followers to be different from the norm in their treatment of others?
 - What is the source of strength and courage that underlies this behaviour?
2. Read John 13:34-35, 15:12
 - Describe this level of love.
 - Why would Jesus ask his followers to live this kind of love?
 - How can we practically apply this teaching?
 - 2. Which part of Jesus' command to love is the most difficult for you, and why?
 - 3. Starting this week, what will you do to love one of your "frenemies" so they are no longer secretly your enemy but really your friend?
3. Read Matthew 5:43–48. Jesus points out that the Old Testament command to love was being incorrectly taught.
 - Why is reciprocated loving not enough?
 - How does God's example in nature help us love others?
 - Though our love for Christians is a sign of our discipleship of Jesus, what does he say about limiting our friendships to Christians exclusively?
 - What is Jesus' ultimate standard for love?
4. Read Galatians 5:6; 1 Peter 2:23-24.
 - How did Jesus demonstrate love?