

Jesus Our Teacher: Anger

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. Matt 5:21-24

Unrighteous anger expresses itself as rage and resentment

Righteous anger is a constructive expression of love = indignation

"in your anger do not sin". Eph. 4:26

Reasons to control anger:

- increases our stress level, including blood pressure and heart-rate
- lowers our feelings of self-worth
- creates distance in our relationships with God and others
- anger, turned inwards, leads to depression
- anger causes us to be insensitive to the needs of others

raca - Aramaic word - brainless twit, idiot, imbecile.

Moros – Greek word - "moron" - moral character.

"You blind fools! For which is greater, the gold or the sanctuary that has made the gold sacred?" Matthew 23:17

Jesus is NOT forbidding people from becoming angry.

Three questions to reflect on when angry:-

1: How do I usually handle anger?

Proverbs 29:11: "A fool gives full vent to anger, but the wise quietly holds it back."

2. Why am I angry?

Roots of anger:

- Fear
- Frustration
- Hurt or pain

3. What end result am I hoping for?

1. Evaluate the source of your anger.

2. Exercise self-control

- start with *self*
- start with *small*
- start with *soon*

3. Entrust situation to God