



## From war to peace: Matthew 5.21-26

**1. It's like a poison, it can take you over. Before you know it, it can turn us into something ugly. Aunt May. Spiderman 3.** What are the effects of anger in the following groups? Society. The family. In you personally. (Address the question raised in the episode: **Why do we hold onto anger so readily?**)

**2. First, Jesus never tells us not to be angry. He knows we're angry, and he provides us with a different way to live.** What difference does it make that the passage doesn't condemn anger, but recognizes it and invites us to live differently, to find healing?

**3. Unfortunately, many of us prefer the certainty of commands. Just tell me what I've got to do to be "in." And for "in," you can substitute the word "loved."** Why do we often prefer law, even when we live under grace? What are the damaging effects of still grasping for law, and imposing law on others?

**4. Name-calling in the ancient world signalled contempt.** What are we doing when we express contempt for someone? What is the effect of contempt on others and on ourselves?

**5. Jesus' answer to anger is to seek reconciliation.** Discuss what reconciliation looks like in our world. Then, discuss the following verses and what they tell us about reconciliation between us and God. How do these verses affect how we approach the issue of anger in our own lives? Try to be specific about your own experience and give examples of issues you're facing and testimonies of the ways you have found reconciliation with others. Romans 5.9-12; 2 Corinthians 5.18-19; Colossians 1.19-20;