

discussion guide for April 22nd

*“EXTREME MAKEOVER- Week 2”*

Changed By Christ’s Toughest Words

Matthew 5:21-26 (p. 1254-DSB\*)

GRIND IT  
BREW IT  
DRINK IT  
SAVOR IT



"Yes, I try to find **common ground** with everyone." 1 Corinthians 9:22b NLT

➤ **GRIND IT** (11:00 am)

Anger is an interesting phenomenon in the human personality. We tend to excuse anger with common ideas that justify anger as something out of our control. Look over these examples and discuss their validity.

- I have a right to be angry.
- They made me so mad I couldn’t see straight.
- If you hadn’t been so stupid, I wouldn’t have been angry.
- No wonder I got mad, no one was listening to what I was trying to say.
- If you do that one more time, I won’t be responsible for what happens next.

It has been said that happiness is a choice, but is anger an involuntary emotion or a choice as well? Why?

\*“DSB”=Discovery Study Bibles on common ground tables.

➤ **BREW IT** (11:10 am)

Jesus’ used a formula, “You have heard. . .but I say” to refresh and reinterpret God’s intentions for the laws He had given His people centuries before. Living by the letter of the law was no longer enough. Jesus raised the standard for human behavior significantly.

1. How was the standard raised in regard to murder in Mt. 5:21-22? (p. 1254, DSB\*).
2. Instead of killing a person physically, what other forms of contempt of others did Jesus condemn?
3. With the indwelling Holy Spirit, how can we tell we have crossed a line in our relationships with others?
4. What should we do if we feel the conviction of the Holy Spirit over something we said or did?

Pastor Tom mentioned eight practical steps from the Word of God to help us deal with anger. Draw a line from the verses on the left to the steps on the right.

Phil. 4:8 (p. 1572, DSB*)	Slow your reactions
Rom. 8:28 (p. 1498, DSB*)	Take time for reflection.
Gal. 5:19-23 (p. 1555, DSB*)	Settle the issue quickly.
Neh. 5:6-7 (p. 1555, DSB*)	Decide to forgive.
Prov. 16:32 (p. 816, DSB*)	Avoid an angry mindset.
Eph. 4:26 (p. 1564, DSB*)	Avoid angry people.
Prov. 22:24-25 (p. 823, DSB*)	Grow Spiritually.
Eph. 4:32 (p. 1564, DSB*)	Trust the providence of God.

\*“DSB”=Discovery Study Bibles on common ground tables.

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➤ DRINK IT (11:40 am)

Give careful consideration to the following three application items. Try to formulate a personal plan of action that lines up with the teaching of God's word.

Of the eight practical steps in dealing with anger, which ones involve a personal choice? What does this reveal to you about anger?

Of the eight practical steps in dealing with anger, which one will be the most difficult for you to implement? Why? What do you need to make it happen?

Is there anything you need to do now concerning past mistakes in the area of anger or mistreatment of others? If so, how do you plan to proceed?

Prayer Time: (11:45 am)

- Pray for God's help in understanding the source of anger and in dealing with it appropriately.
- Pray for needs of people outside the group.
- Pray for needs of members in the group.
- Pray for absentees by name. Consider giving \_\_\_\_\_ a call this afternoon.

Go Deeper: Use the "*Savor*" section of this guide in your daily quiet time this week. If you would prefer receiving these in a daily e-mail, Sign up for "The Daily Cup" e-mail devotions: [herb@hbcaustin.org](mailto:herb@hbcaustin.org)

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➤ SAVOR IT (all week long)\*\*

Last Sunday you explored God's higher standard toward how we treat one another. These readings should help reinforce your understanding of this critical issue that lies close to the heart of God.

Monday, April 23: Read James 1:19-20, (p. 1629-DSB\*).

What does man's anger not bring about? What then is implied about what anger does bring about? What three tips does James give for dealing with anger?

Tuesday, April 24: Read Ecclesiastes 7:8-9, (p.844-DSB\*).

Why is patience linked with controlling anger? Why do we need to consider the ultimate end of our actions now? A pattern of anger indicates what type of person?

Wednesday, April 25: Read Psalm 37:5-9, (p. 693-

DSB\*). What is our role in the world? Who takes care of retribution for the wickedness of others? What does anger lead to?

Thursday, April 26: Read Colossians 3:8, (p. 1578-

DSB\*). What action is called for in this verse? Does the Bible teach that we can control our anger? Does that make anger something that happens to us, or something we make happen?

Friday, April 27: Read Romans 12:19-21, (p. 1505-

DSB\*). What place does revenge have in our lives? What does God do? What are we to do? Why?

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\*\*To subscribe to "The Daily Cup" email devotions, use the card on common ground tables, or e-mail [herb@hbcaustin.org](mailto:herb@hbcaustin.org).