

**Icebreaker:** Share a time when you were exceptionally angry only to later find it was rather silly.

## **LIFE GROUP STUDY – Dr. Harley Ihm**

### **Directions for Living 2 - “Handling Anger”**

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Anger produces stress and stress kills. If it doesn't cause us to explode externally, as we see happening more and more frequently, then it destroys us internally, emotionally and physically. What directions does Jesus give to help us with the problem of anger?

#### **ENCOUNTER THE WORD**

1. Read Matthew 5:21-26. If someone remains angry with no attempt to resolve conflict, in what dangerous position does he put himself?
  
  
  
  
2. Raca, a serious term of contempt, could get someone in trouble with the religious leaders, but to declare someone a fool would cause what punishment?
  
  
  
  
3. What is your responsibility if your brother has something against you? Why is the responsibility yours and not his?
  
  
  
  
4. What do you think Jesus meant by this issue of lawsuits and responsibility?

#### **ENCOUNTER LIFE**

1. How does your life change when you have someone you are angry with?
  
  
  
  
2. What should you do as a Christian when someone has been so irritating and mean spirited towards you that you find it hard to forgive them?
  
  
  
  
3. How could this relationship affect your ministry for Jesus and even your worship?
  
  
  
  
4. On a scale of 1(poor) - 10 (great) how would you rate yourself in this spiritual discipline of being a peacemaker?