

²¹ Also, do not take seriously all words which are spoken, so that you will not hear your servant cursing you. ²² For you also have realized that you likewise have many times cursed others.” Ecclesiastes 7:21-22 (NAS)

1. Jesus’ first instruction in working for the accomplishment of all things is loving unity among the church members. We become fisherman by our church-community relationships, Matthew 5:21-26; John 17:21, 23; 13:34-35.
2. Don’t sugarcoat what you have said and felt; God takes anger seriously; anger is murder in your heart; Matthew 5:22. The heart, the emotions, the feelings are crucial – what are you treasuring?
3. We are angry because of love; our anger reveals our treasure, Jonah 1-4.
4. Develop a believing lifestyle, 1 Corinthians 13:7. Why paint those we have disagreements with the harshest strokes available?
5. Don’t stay angry, Matthew 4:25; Ephesians 4: 25-32.
6. Seek clarity and understanding by asking questions, seeking forgiveness, and forgiving.
 - Am I righteously angry?
 - Would Jesus be angry in this situation?
 - Have I said or done something to offend?
 - Clarity – ask questions. Listen. Be open to being corrected about a perception.
 - Seek to be forgiveness – “I’m sorry I _____. I was wrong. Please forgive me.
 - Seek to forgive: don’t replay the offence, don’t pay them back, reconcile when they ask for forgiveness and recognize the wrong.

Discussion Questions

1. Answer the following questions and discuss your answers.
 - T or F What we get mad about shows what we treasure.
 - T or F You have to love in order to hate.
 - T or F All anger is sinful.
 - T or F Most of our anger is sinful.
 - T or F Hanging around angry people will rub off on us.
 - T or F It is sinful to be mad at God.
 - T or F It is sinful sometimes to NOT be angry.
2. What makes you mad? Why? Do you get mad at people or things?
3. Is there something you’ve been mad about for over one week? Why? Is that a good thing?
4. How can we get over being mad? What are the three essential elements of forgiveness?
5. Read Matthew 12:34-37. Why is Jesus so concerned about our words?
6. How would a daily regimen of Bible reading, Bible praying, Bible meditation and memorization help with our words and anger?
7. What can you do this week to change your daily discipline of intake of the Word of God? 1 Thessalonians 2:13; Hebrews 4:12.