

CITYLIGHT LIGHTHOUSE GROUP HANDOUT

The Danger of Anger

Matthew 5:21–26

Opening Reflection (Icebreaker)

When you are upset, what is your default move: withdraw, explode, go quiet and cold, vent to someone else, or go straight to the person? Why do you think that is?

What is one situation where “waiting to deal with it” made things worse? What kept you from dealing with it earlier?

Read Together

Matthew 5:21–26

Discussion Questions

1. What does Jesus assume about our hearts by connecting murder to anger?

2. In verse 22, Jesus shows a progression: anger → insult → condemnation (“you fool”). Why do you think Jesus highlights words?

3. This passage distinguishes between a momentary flare-up and a settled posture of anger. What helps you tell the difference in your own life?

4. Jesus says if you realize your brother has something against you, you should go. Why would Jesus place responsibility on the person who becomes aware, even if they feel less at fault?

5. Jesus prioritizes reconciliation over continuing the offering. What does that reveal about worship God actually receives?

6. Verses 25–26 stress urgency. What usually causes you to delay hard conversations?

7. How does the gospel change the way we approach reconciliation?

Carry-It-Forward

What's one thing God impressed on you tonight that you want to carry into this week?

Optional next step: What is one step you can take in the next 72 hours?
