



Dealing with Anger

Matthew 5:21-26
June 28, 2026

The Jesus way of dealing with anger settles the heart and moves to build up, not tear down.

Answers to the fill in the blanks, extra Bible verses and study questions

Introduction Notes: Proverbs 14:29, James 1:19-20, Ephesians 4:29, Proverbs 22:3, 2 Corinthians 12:20, Galatians 5:20, Ephesians 4:31

3 Helps in Dealing with Anger

Guard Our Heart Matthew 5:21-22

Exodus 20:13, Proverbs 4:23, 2 Samuel 12:5, Matthew 21:12-13, Matthew 5:1-12, Matthew 7:24-27

Reconcile Matthew 5:23-24

1 John 4:20, Romans 12:18, Ephesians 4:26-27

Resolve Quickly Matthew 5:25-26

Matthew 18:15, Ephesians 4:32, Psalm 37:7-9

Study Questions to Go Deeper with God:

Jesus teaches that anger begins in the heart. What do you think this reveal about our need for God's transforming grace? In Matthew 5:21–22, Jesus moves beyond the outward act of murder to the inward attitudes of anger, hatred, and contempt. According to Scripture, sin originates in the heart, and only Christ can transform us from the inside out. **How have you seen anger reveal deeper issues such as pride, fear, selfishness, or unmet desires?** Further study: Jeremiah 17:9, Mark 7:20–23, Ephesians 4:31–32, James 1:19–20, Galatians 5:22–23

Why do you think reconciliation with others is important to God, and how do you think the gospel shapes our relationships? Jesus teaches that worship and relationships are closely connected (Matthew 5:23–24). Because believers have been reconciled to God through Christ, they are called to pursue peace and reconciliation with others whenever possible. **How do you think remembering God's forgiveness toward us motivates us to seek forgiveness and extend grace to others?** Further study: Romans 5:8–11, Colossians 3:12–14, Ephesians 4:1–3, 31–32, 2 Corinthians 5:18–20, Romans 12:18

What practical steps do you think believers can take to deal with anger in a Christ-honoring way? Jesus urges His followers to act quickly in resolving conflicts (Matthew 5:25–26). Anger left unchecked can damage relationships and hinder spiritual growth. Through the power of the Holy Spirit, believers can learn self-control, patience, and gracious speech. **What specific steps do you think you can take this week to address conflict biblically?** Further study: Proverbs 15:1, Proverbs 19:11, Proverbs 29:11, Ephesians 4:26–27, Colossians 4:6, James 3:9–10, 17–18

A good article on what the Bible says about anger: <https://www.gotquestions.org/Bible-anger.html>

