

# W.H.U. WHAT WOULD JESUS *u*WDO?

## Undo Anger with Sensitivity

*In the New Year, we often think of the things we will \*do\*, in this series, we will explore what we will undo. Through Jesus' Sermon on the Mount. Jesus would undo some of the prevailing mindsets, behaviors and interactions that keeps u separated from Him and Others.*

- What is one thing that stood out to you from this week's message?
- Circle Time: Did anyone make a New Year's resolution? What was it? If not, what is one you made in the past?
  - In general, how successful have you been at keeping your resolutions in the past?
  - What makes resolutions hard or easy for you to keep?
  - What are some reasons New Year's resolutions fail? What are some things you do to make sure they are successful?
  - To be able to keep your New Year's resolutions... Why is it important to talk about life patterns you need to *undo* as well as what are committing *to do*?
- Read Matthew 5:21-26
  - What is the topic Jesus is really teaching about in this passage?
  - Respond to this statement. What are your thoughts?

*Not only is it insufficient not to murder, but also, one must not let the heart be overcome with anger that would lead to harmful actions in word or deed.*

- How is it possible that the consequence for unresolved anger is the same as murder?
- Does unresolved anger lead to murder? *Jesus is using the extreme action of murder as a result of anger to illustrate the dangers unresolved anger poses to yourself and to others. While it may not end in murder, it can cause one to hurt people around them or themselves.*
- Why is it just as important to resolve offenses you've committed against someone else as it is you resolve conflict with those that have offended you?
- What are some practices you have in your life that help you resolve conflict?
- Pastor Nick gave us three steps in his teaching on resolving anger within yourself. Talk about each one and why it is important to take that step in resolving anger.
  - 1. Pray 2. Slow Down 3. Stop Churning