



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: This series is all about breaking patterns or habits that aren't healthy for you. What have you identified that you need to "undo" in your life?
 - Have you planned out how to rid yourself of this? What are the steps you will take?
 - If you haven't made a plan yet, what is keeping you from doing so?
 - How can you help each other in achieving these goals?
- Read Matthew 5:27-30
 - What is the topic Jesus is really teaching about in this passage?
 - Jesus equates lust with adultery. How is lust equally as bad as adultery?
 - How do you define lust?
 - The Greek word for "lust" in this passage is the same word used for "Covet" in the 10 commandments. How does this shape your understanding of lust?
 - Respond to this statement:

The look does not refer to a passing glance at another's beauty but to conspiring and planning to possess a married woman for one's own ends. Moses prohibits an Israelite from coveting a neighbor's property, which includes his wife. "For Jesus, then, adultery defined as covetousness is the opposite of 'loving your neighbor as yourself'"

- Jesus makes an extreme statement... Cut off your hand... gouge out your eye... is he being literal? Why or why not?
 - What do you think Jesus is trying to illustrate with this statement?
 - What Jesus is really trying to teach here is that believers should not tolerate anything that would separate themselves from their salvation. What does it look like to not tolerate lust in your life?
 - What are some actions you can take or have taken to guard against lust in your life?