

Anger Management  
Matthew 5:21 – 26  
The Laurel Center  
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**Main Idea:** Anger goes against God's best for you. Save

**Introduction**

Anger is a big issue in our world. Many people demonstrate their anger in different ways. But anger for the most part is a dangerous emotion. Jesus addresses anger when he starts by talking about murder as one of the 10 Commandments. Let's take a look at what Jesus has to say about our anger and how to get rid of it.

**Matthew 5:21–22**

**21** “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ **22** But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire.

- I.** Anger makes us killers.
  - A Anger motivates murder.
  - B Anger destroys people's lives.

**Matthew 5:23-24**

**23** So if you are offering your gift at the altar and there remember that your brother has something against you, **24** leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

- II.** Forgiveness heals angry hearts.
  - A Forgiveness heals your relationship with family.
  - B Forgiveness heals your relationship with God.

**Matthew 5:25-26**

**25** Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. **26** Truly, I say to you, you will never get out until you have paid the last penny.

- III.** Reconciliation resets relationships.
  - A It soothes broken relationships.

B It presents lasting effects.

**Conclusion**

as we see, anger is a dangerous and volatile emotion that starts in our hearts. If anger is left unchecked it will turn into murder. Jesus expands the 10 Commandments by talking about them as the spirit of the log rather than the letter of the law. He internalizes murder as anger in our hearts first. Forgiveness and reconciliation articles that we can use to combat the anger that is inside of us. Jesus is our answer for how to get anger out of us.