

June 10, 2018

Teaching Notes  
Series: Spirit Life  
Week 3

**Anger and unresolved conflict *cause a lot of damage in our lives!***

**Finding our place on the grass 😊**

**Matt 5:21-24 (NLT)** <sup>21</sup>“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ <sup>22</sup>But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. <sup>23</sup>“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, <sup>24</sup>leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

**Jesus is saying that murder is *more than just a physical taking of life.***

**Two forms of anger:**

a) \_\_\_\_\_ anger.

b) \_\_\_\_\_ anger.

**Benjamin Franklin** – “Anger is never without a reason, but seldom with a good one.”

\_\_\_\_\_ = the feeling with which a person regards anything considered mean, vile, or worthless; to disdain; to scorn.

\_\_\_\_\_ is what you get when you *mix anger with contempt.*

**Jesus is making it clear that our \_\_\_\_\_, not just our outward \_\_\_\_\_, impact our relationship with God.**

**Jesus is not saying that we have to be \_\_\_\_\_ to worship!**

**Taking spiritual inventory: *to take an honest look at our heart, mind, and attitudes.***

**Next Steps:**

- Keep your Teaching Outline and bring it to Adult Small Group on Sunday at 10am.
- Review the Teaching Outline during the week.
- Consider: Am I allowing anger and unresolved conflict to impact my relationship with God and people?

**Closing Song:** Lord, I Need You, by Matt Maher