

WORDS OF JESUS

SERMON SERIES

DISCUSSION GUIDE

WORDS OF LIFE AND DEATH

SPEAKER: Bo Stern Brady

DATE: April 19, 2026

TEXT(S): Matt. 5:21-24,
with Ephesians 4:26-27

***HOW TO USE THIS GUIDE:** This resource is designed to help you, and your group, step through a progression of engagement with the Bible passage(s) and the speaker's message.*

Our goal is to help you better understand and apply B4's teaching.

MESSAGE SUMMARY + DISCUSSION PROMPTS

As Pastor Bo teaches us, Jesus knows that unresolved anger can grow deep inside us into contempt and condemnation (Matthew 5:21-24). So, He confronts not just behavior but the heart, warning that devaluing others leads to relational and spiritual destruction, a "Gehenna" experience, where our lives can be like dumpster fires. Anger itself is not sin, but when it festers, it distorts how we see others and God. Jesus calls for us to pursue urgent reconciliation. In doing so, we align our hearts with God's heart toward others. This frees us to worship with integrity and live undivided lives, refusing to give anger a foothold (Ephesians 4:26-27).

LEAN IN: *These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5 minutes.*

1. How were you taught to handle anger growing up?
2. What's the difference between being annoyed and truly angry?
3. Have you ever seen anger handled in a healthy way? What did it look like?
4. What are some common cultural messages about anger today?
5. How comfortable are you talking about anger with others?

LOOK DOWN: *These are questions about the Bible passage(s) above. Spend about 10 minutes discussing your choice of two or three questions:*

1. What progression does Jesus describe from anger to judgment in Matthew 5?
2. Why do you think Jesus connects anger with murder at the heart level?
3. How does the imagery of Gehenna deepen the seriousness of Jesus' warning?
4. What does Matthew 5:23-24 reveal about the priority, or the logical order, of reconciliation over worship?
5. In Ephesians 4:26-27, what does it mean to be angry but not sin?

LOOK OUT: *These questions help connect the world of the Bible to today. Spend about 10 minutes discussing your choice of two or three questions:*

1. How does our culture normalize or even celebrate contempt, especially on social media?
2. In what ways might power and privilege shape how we interpret Jesus' words on anger?
3. Why does it seem easier to manage behavior than address heart issues?
4. How does modern culture blur the line between righteous anger and sinful anger?
5. Given the chaos and polarization of our times, what would it look like for Christians to model a different way of handling anger publicly?

LOOK IN: *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Where might anger in your life be turning into contempt, and what would it look like to "be reconciled" in your situation?
2. How might God see the person you're struggling with differently than you do?
3. What is one step you can take this week to address unresolved anger?
4. How has anger affected your ability to worship or pray?
5. What would freedom from this anger look and feel like?

LIVE IT OUT: *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5 minutes:*

1. Name it and reframe it prayer: Set aside about 10 minutes each morning this week. Tell God about any person or situation stirring anger in your heart. Name it, then ask, "Lord, show me how You see them." Pray to align your heart with God's perspective, even if your emotions lag behind.
2. Release and then rest prayer: Before bed each night this week, embrace Ephesians 4:26-27 by releasing the day's anger to God. Verbally surrender grievances, asking Him to remove any foothold of bitterness and replace it with peace, guarding your heart overnight while you rest.

You can find B4's [Series Resources here](#).

