

**MESSAGE NOTES**  
**Summer on the Mount**  
**ANGER MANAGEMENT**  
Pastor Brian Miller

<sup>21</sup> “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ <sup>22</sup> But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell. <sup>23</sup> Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, <sup>24</sup> leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. <sup>25</sup> Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. <sup>26</sup> Truly I tell you, you will not get out until you have paid the last penny.” (Matthew 5:21-26, NIV)

**Jesus is saying:**

1. Anger can **BE EVIL.**

*“You have heard that our ancestors were told, ‘You must not murder...’ 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.” (Matthew 5:21-22, NLT)*

*“Refrain from anger and turn from wrath; do not fret—it leads only to evil.” (Psalm 34:8, NIV)*

2. Anger can **HINDER OUR RELATIONSHIP WITH GOD.**

*“So if you are standing before the altar in the Temple... and suddenly remember that a friend has something against you, leave your sacrifice there beside the altar and go and apologize and be reconciled to him, and then come and offer your sacrifice to God.” (Matthew 5:23-24, LB)*

*“Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.” (1 John 4:20, NIV)*

3. Anger can **HAVE CONSEQUENCES.**

*“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. Truly, I say to you, you will never get out until you have paid the last penny.” (Matthew 5: 25-26, ESV)*

*“Do not hastily bring into court, for what will you do in the end, when your neighbor puts you to shame?” (Proverbs 25:8, ESV)*

## HOW CAN WE MANAGE ANGER?

### 1. ASK GOD FOR HELP.

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9, NIV)*

### 2. RECOGNIZE ANGER EARLY.

*“The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered.” (Proverbs 17:27, NIV)*

*“Everyone should be quick to listen, slow to speak and slow to become angry...” (James 1:19, NIV)*

### 3. PRACTICE FORGIVENESS.

*“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Eph 4:31-32, NIV)*

#### **ACTION STEP:**

Resolve to be **RECONCILED AND FORGIVE THE PERSON** with whom you are angry.