**Life Group Notes – Sunday 8th October**

**‘Handling Anger’**

**Read Matthew 5 v 21-22 & James 1:19-20**

* Why do you think Jesus equates being angry to murder?
* What makes you angry?
* How do you act when you are angry?
* How might we stop ourselves reacting badly in anger?

**Read Matthew 21:12-13 & Mark 3:1-5**

* What makes Jesus angry?
* What is the difference between righteous and unrighteous anger?
* When have you experienced righteous anger?

**Read Matthew 5 v 23-26**

* What can prevent us from reconciling with our adversaries?
* Why is it important to reconcile with those who are angry with us, as well as those we are angry with?

**PRAY:**

* Thank God that He is the God of peace and reconciliation.
* For those who struggle with unrighteous anger.
* That God will help deal with any unresolved anger or conflict in our lives.
* That God will help us to channel our righteous anger in the right way.