



The Gripes of Wrath A Study of Matthew 5:21-26

²¹“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.’ ²²But 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. ²³“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. ²⁵“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. ²⁶Truly I tell you, you will not get out until you have paid the last penny.

Eight Ways to Tame Anger

* _____ **your reactions.** “When a fool is annoyed, he quickly lets it be known. Smart people will ignore an insult.” (Proverbs 12:16, TEV; see also, 16:32; 18:6; 19:11; 20:3)

* **Take time for** _____. “I was very angry when I heard this; so after thinking about it I spoke out” (Nehemiah 5:6-7, LB)

* **Settle the issue** _____. “The start of an argument is like the first break in a dam; stop it before it goes any further” (Proverbs 17:14, TEV).

* **Decide to** _____. “Forgive one another, as God has forgiven you through Christ.” (Ephesians 4:32, TEV)

* **Avoid an angry** _____. “Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about” (Philippians 4:8, LB)

* **Avoid angry** _____. “Don't make friends with people who have hot, violent tempers. You might learn their habits and not be able to change” (Proverbs 22:24-25, TEV)

* _____ **spiritually.**

* _____ **the providence of God.** “And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose” (Romans 8:28, NASB).