



Part 4: The Traps of Anger and Lust

Lead Pastor Todd King
May 25 & 26, 2013

Jesus identifies two issues that are keeping his followers from finding freedom: anger and lust.

Matthew 5:21-30

²¹“You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ ²²But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; And whoever says, ‘You fool!’ will be liable to the fire of hell.

Having contempt for a person is completely opposite to the Kingdom.

²³ So if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. ²⁵ 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. ²⁶ Truly, I say to you, you will never get out until you have paid the last penny.

Jesus’ advice: take care of the matter now.

You must deal with anger and contempt or it grows, not dissipates.

²⁷“You have heard that it was said, ‘You shall not commit adultery.’ ²⁸ But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. ²⁹ If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. ³⁰ And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

It’s simple wisdom to avoid the things that cause you to stumble.

How to Move Beyond Anger or Lust:

There's no formula!

Pursue the Holy Spirit

Follow the wisdom of the Scriptures

**Do not let fear or shame prevent you
from living the good life with Jesus. Our Savior is not
about condemnation, but healing.**

Next Steps

FOR EVERYONE

Read Matthew chapters 5-7 (The Sermon on the Mount).

FOR MEN

Band of Brothers • Tuesday Evenings • 6:00–9:00 PM in Fun Zones

Band of Brothers is an honest and trusting place for men to lean on each other and learn solid biblical principles to become men of honor, self-discipline and dependence on God. Includes a free dinner. ***Learn more at bellinghambob.org.***

Friday Night Light • Friday Nights • 7:00 PM–9:00 PM in Room 130

This group helps men who struggle with moral issues and pressures by providing Christian fellowship in a non-judgmental environment. Learn more about God's Word in a place where you will receive understanding, acceptance, and prayer.

To register or for more info, contact Everett Robinson (everettleads@msn.com).

FOR WOMEN

Squadron of Sisters • Thursday Evenings, 7:00–8:30 PM in Room 216

Squadron of Sisters strives to reveal God's amazing plan for married, dating or engaged women to become confident, fulfilled wives who breathe life into their marriages. ***Learn more at squadronofsisters.com.***

Small Group Questions

- 1) From a purely fun perspective, what would heaven on earth look like to you? What do you wish you could do every day (or never do again) here in this life?
- 2) In day-to-day life, what kind of things make you really angry? Do you wish that they didn't make you angry, or are you ok with that anger? (There's no "right" answer!)
- 3) In this week's passage, Jesus raises the bar of our responsibility when it comes to both anger and lust. What do you make of his standard? Should we take him seriously or is he just trying to make a point?
- 4) Have you ever hit an obstacle in your worship because of unforgiveness or seen your worship flourish through forgiveness? Tell us about your experience.
- 5) If "just trying harder" isn't really a great solution to lust, have you found anything that is a great path toward spiritual health in this area? What have you found?
- 6) How can we pray for you right now?