



Group Discussion Document

Ice Breaker:

- Share a time when you were really angry about something trivial. How did you handle it, and what did you learn from the experience?

Short Summary of the Sermon: In this sermon, Pastor Dave Kibler explores the sixth commandment, "You shall not murder," and how Jesus expands its meaning to include anger in the heart. Jesus teaches that harboring anger is akin to committing murder in our hearts. The sermon emphasizes the importance of guarding our hearts, identifying the root causes of our anger, and practicing forgiveness. By doing so, we can prevent anger from destroying our lives and live in the freedom that God intends for us.

Group Questions:

1. How does Jesus' teaching on anger in Matthew 5:21-22 challenge your understanding of the sixth commandment?
2. What are some common triggers of anger in your life, and how do you typically respond to them?
3. Discuss the concept of "guarding your heart" as mentioned in Proverbs 4:23. What practical steps can you take to protect your heart from negative influences?
4. How can understanding the root causes of anger, as described in James 4:1-2, help you manage your emotions better?
5. Reflect on the parable of the unforgiving servant in Matthew 18:21-35. How does this story illustrate the importance of forgiveness in overcoming anger?

Life Application:

- Identify a situation or relationship in your life where anger has taken root. Consider how you can apply the principles of forgiveness and self-control to bring healing and peace to that area.

Challenge:

- This week, practice "spiritual breathing" as described in the sermon. When you become aware of anger or sin in your life, consciously breathe out the sin and breathe in God's grace. Share your experiences with the group next week.