

SHIFT

Shift: Your Attitude (Week 3)

LifeNotes

TALK IT OVER

Main Idea

Freedom from anger is found when we SHIFT our attitude toward the values of Christ's Kingdom.

Key Scriptures

"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.' 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. Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. Settle matter 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. Truly I tell you, you will not get out until you have paid the last penny." Matthew 5:21-26

Let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. James 1:19-20

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.

Romans 15:5

If we don't get a handle on our anger, our anger will handle us.

Steps to overcoming anger:

1. Take every thought captive.
2. Choose value over vengeance.
3. Choose humility before worship.

Start talking.

- How has anger become a norm in our current culture?
- What are the things that tend to "set you off?"
- How do you typically deal with anger?

Start thinking.

- Read Matthew 5:21-26. Why would Jesus begin this section with the commandment against murder?
- Why was there a danger of feeling self-righteous in regards to this commandment?
- What is the connection between anger and murder?
- Jesus tells us to stop even our worship and/or sacrifice if we know someone has something against us. Why seek reconciliation first?
- Why share both a "sacred" example and a "secular" example?
- How would you sum up this instruction about coping with overwhelming anger?

Start sharing.

- Would you say you have a long or short fuse? Why?
- How has anger gotten the best of you in the past?
- Julie mentioned four common areas that often lead to anger: Unmet Expectations, Hurt or Pain, Fear, and Physical Limitations. Which do you most relate to?

Start doing.

- Read James 1:19-20 and Romans 15:5. How can you use those verses to help you "take every thought captive?"
- Describe at least one way this week you can choose value over vengeance?
- Is there someone you need to make it right with? If so, will you commit to beginning that process before next Sunday? What specific steps will you take this week?

Closing prayer.

Jesus forgive me for the ways I allow anger to control me and overwhelm me. Give me the wisdom and strength to stand against hateful and vengeful attitudes. Help me take my thoughts captive and bring them under obedience to you and your heart. When anger begins to rise in me, give me the courage to choose to value others above myself and to pursue humble reconciliation.