

Small Group Conversation Guide | Fall 2022

Small Group Lesson: Week 2
Message: Progress is Perfection: Anger Issues
Main Idea: Eliminate anger and we eliminate the single greatest cause of human misery.
Main Scripture: Matthew 5:21-26

Group Check In: How did you pursue surpassing goodness last week?

Prayer

Connect: Share a time you got angry and overreacted.

Video

In the Word:

1. **Matthew 5:21-26**
   - How does Jesus' standard for dealing with anger, response to a thwarted will, contrast with the Jewish tradition of his time?
   - What internal change (as described in verses 21-22) has to take place before a person is willing to seek reconciliation (verses 23-24) with someone?
   - What are the consequences of not settling matters quickly? Verses 25-26
2. **Matthew 5:41**
   - How does willingly “going the extra mile” test our real response to our will being thwarted?

Application:

1. Allow a few moments for each group member to recall recent experiences where their will was thwarted. Think about: How did you respond? How do you think Jesus would have responded? Does the person involved still hold “something against you?”
2. Describe your default response pattern when your will is thwarted.
3. Considering your message notes and the 3 steps mentioned in the video, (analyze the anger; feel remorse for my sin; remember the love of Jesus) what will you do differently this week when frustrations and anger well up?

Prayer