

## **Sermon Guide: The Sermon on the Mount:**

### **Anger | Rafael Franco | May 5, 2024**

#### **Summary**

Rafael explores the implications of anger as presented in Jesus' Sermon on the Mount, emphasizing how this emotion, if unchecked, can escalate into behaviors akin to murder in their spiritual consequences. Rafael begins by acknowledging the ubiquity of anger in our daily lives, from minor irritations in traffic to more significant global conflicts like war and violence. This commonality makes it crucial for us to understand and address the root causes of anger.

Jesus, in His sermon, challenges us to confront and understand anger not just as an emotion but as a potential seed for violence. He equates anger with murder to illustrate the severity of harboring such feelings. This comparison is not to condemn but to highlight the importance of managing our emotions in ways that align with God's commandments. Ultimately, anger can serve as a barrier to right relationships and Jesus wants our relationships to be made whole and be reconciled. Our relationships with one another are deeply connected to our relationship with God. Jesus teaches that if we remember a grievance during worship, we must first seek reconciliation before offering our gift to God.

Rafael also talks about the transformative power of forgiveness and the role of the Holy Spirit in guiding our responses to anger. The Holy Spirit helps us discern when our anger is unjustified and aids us in seeking forgiveness when necessary. This process is part of the broader Christian journey of sanctification, where we continually submit to God's will and allow Him to work through our imperfections.

Rafael concludes with a call to action for everyone to examine their hearts and relationships. The goal is to leave behind any harbored anger, allowing Jesus to cleanse our hearts and enable us to live at peace with ourselves and others. This ongoing effort requires constant prayer and openness to God's healing presence in our lives.

#### **Key Takeaways:**

1. Understanding Anger as a Spiritual Issue: Anger is more than just an emotional response; it's a spiritual issue that can escalate to sin if not properly managed. Jesus equates anger with murder to highlight its potential destructiveness, urging us to take our emotional health seriously as part of our spiritual walk. [\[05:21\]](#)

2. The Necessity of Reconciliation: Reconciliation is not just a recommendation; it's a requirement for true worship and spiritual integrity. Jesus instructs us to prioritize making amends over religious offerings, teaching that our relationship with God is reflected in our relationships with others. This principle was vividly illustrated when a new believer felt compelled to reconcile with his estranged father before his baptism, demonstrating the transformative power of the gospel. [\[21:08\]](#)

3. Sanctification Through Struggle: The journey of sanctification involves an active struggle against sin, including anger. It's not about passive resignation but about engaging in a God-dependent effort to grow closer to Christ and more like Him in every aspect of our lives. This process is essential for true spiritual growth and maturity. [\[25:51\]](#)

### **Bible Reading:**

Matthew 5:21-24

2 Corinthians 5:17-19

Philippians 4:7

### **Discussion Questions**

1. In Matthew 5:21-24, what are the consequences Jesus associates with anger towards a brother?
2. How does Jesus instruct us to handle a situation where we remember a grievance while offering a gift at the altar?
3. According to 2 Corinthians 5:17-19, what role does reconciliation play in the life of a new creation in Christ?

### **Going Deeper**

1. Reflect on a recent situation where you felt anger towards someone. What steps can you take this week to seek reconciliation with that person?
2. Considering Jesus' teaching in Matthew 5:23-24, identify a relationship that needs mending. How can you initiate reconciliation before your next time of worship?
3. Choose one relationship where passive-aggressive behavior might be harming communication. What specific action will you take this week to express your feelings more openly and constructively?