

Anger and reconciliation

Matthew 5:21-26

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus say about anger and insults, and what must come before the offering at the altar?

2. What does it show me about people — and about myself?

Whose name comes to mind when you hear 'your brother has something against you'?

3. What will I obey this week? (a concrete step, with a day)

Go to that person this week — call, visit, or write to them by name — and take the first step toward reconciliation.

4. Who will I tell?

Who could you tell about what happened when you went to make peace?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

God, you judge the anger in my heart, not just the violence in my hands. Search out the contempt I carry and send me to make peace.



This study online

NEXT STUDY Purity and faithfulness

comission.cc/en/study/sermon-on-the-mount/04/