



Message Outline

Doug Kyle
October 18, 2020
Exodus 20:13

#5 Anger

Series: UNSUBSCRIBE

Incredibly, God gave us commandments carved in stone. The challenge, of course, is to flesh them out. Today we look at an easily dismissed commandment and delve into what it really means.

“I have a better idea. Why don't you just stay here in Boston and keep them?”
Mark Twain — when someone told him he wanted to climb Mt. Sinai and recite the Ten Commandments.

How do we begin to *break* the 6th commandment?

_____ *Exodus 20:13; Matthew 5:21-22; Genesis 4:6-7*

“Why am I so mad?” — Christian Marriage and Family counselor, Brad Strawn, says this is an important question to ask ourselves in these heat-charged times.

Those who can diffuse their anger, regularly score higher on virtues like “forgiveness, gratitude, hope, spiritual well-being, and humility.” — Christian Marriage and Family counselor, Brad Strawn

How do we begin to *keep* the 6th commandment?

_____ *Romans 13:9; 1 John 3:11-15*

Two practical steps:

2 Corinthians 3:3

U _____
I _____

A prayer: “Father, Help me unsubscribe from the tense and destructive rage around me. Teach me to see everyone I meet as created in your image. And inscribe your love onto the tablet of my heart. Amen.”



HomeGroup Questions

Fall Session 2020

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1. Doug talked about getting angry when someone stole his parking spot this week. If there was a "Parking Manual," what rule would you definitely want to make sure was in it?

2. This week we looked at the sixth of the Ten Commandments. Read Exodus 20:13 along with Matthew 5:21-22. When you see how Jesus deepened the 6th commandment, what stands out for you?

3. Was Jesus implying that anger is as bad as murder? If not, what was He saying? How are they related?

4. Anger is not always wrong and sometimes it is very appropriate. Why do you think Jesus warns so strongly against it? Read James 1:20 for further insight.

5. It is easy to say, "Just replace anger with love." But, of course, that is much harder in practice. What would it take to get there? Anything that has helped you?

6. Jesus also warns against insults in Matthew 5:22. But if we are honest, sometimes insulting feels so good in the moment. How might we disagree with someone without crossing this line?

7. How could remembering that every human being is created in God's image help keep us from destructive anger?

8. *Take some time to share prayer requests and pray.*