

# Stories of the New Testament

## Jesus Teaches About Anger and Lust

**GOAL-** Lifegroups are an environment to grow closer to Jesus and each other. We work toward this by focusing on the stories of the Bible, discussing them and applying them to our lives. How do these teachings apply today?

**REMINDER-** Enjoy time visiting with each other, eating etc. After time simply connecting, and hanging out, please intentionally follow these steps created to promote and strengthen our relationship with Jesus.

**Step 1- Welcome-** Celebrate successes, breakthroughs, service projects, decisions for Christ etc.

**Step 2- Opening Prayer**

**Step 3- Lifegroup Purpose/ Vision Casting-** Each week we want to establish where we are within the story, where is Jesus and where we need to be as a result of this understanding. We are meeting together because we love Jesus, each other and we are creating disciples who will be able to create disciples.

**Step 4- Review the Lifegroup Guidelines** (Back Page)

**Step 5- Reflection/Accountability-** What stuck with you during the last week(s) from our last meeting and the scripture that we covered? How did you apply that scripture to your everyday life?

**Step 6- Preparing Our Heart to Experience a Lifegroup-** Ask everyone to stay personally engaged throughout the story. Ask them to focus on how they relate to it and why. Encourage everyone to share from their hearts, to be transparent and authentic. Every person will share.

**Step 7- Setting the Scene for Jesus Teaching About Anger and Lust (Matthew 5:21-30)**

**LEADERS, READ THIS-** *More often than not, we avoid the extreme sins, like murder and adultery, but regularly commit the types of sins with which Jesus was most concerned. Do you possess the self-control to keep yourself from sinful actions? Acting out sinful thoughts? What about self-control over your thoughts, heart and attitude? Awareness of our sin is key. You have to be aware of it before you can drag it into the light.*

***As you listen, immerse yourself in the story and be thinking of the questions you will be answering afterward...***

*Currently, in this season of your life..... Who or What do you personally identify with and why?*

**Step 8- Telling the Story from Memory-** Either yourself or someone else in the group tells the story from memory. You can ask someone ahead of time to be prepared to do this. **(From either or both scriptures being studied today)** After they finish telling the story, ask the group if there are there any other stories that come to mind about working on the Sabbath?

**Step 9- Rebuild the Story-** Read the story from the Word as a group **(Matthew 5:21-30)**.

**Step 10- Debrief the Story-** Everyone participates and answers the question; Currently, in this season of your life, **Who or What do you identify with and why? How can YOU respond in the next week(s)?**

## **LEADERS, READ THIS-**

*Are you the Ancestors? Is this scripture all new to you? Were you never taught these details on Jesus's teachings on Anger and Lust?*

*Are you Angry? Are you angry with someone, talking about them, calling them names, cursing them?*

*Are you Lustful? Have you looked at another person lustfully?*

*Are you the person at the Altar? Do you need to go and be reconciled to someone; do you need to settle your differences and make peace?*

*Additional Option?*

## **Further Study- What is the Point? How do we need to Respond?**

*1. Anger violates God's command to love- Ephesians 4:26-27, 31-32, James 1:19-20, Ecclesiastes 7:9  
1 John 4:19-20, John 15:12, Luke 6:32-33, Matthew 5:9, Romans 12:18*

*2. Why do we need to exercise thought control? Romans 12:2, Mark 7:20-23, Proverbs 4:23, Philippians 4:8*

## **Step 11- Close in Prayer**

**LIFEGROUPS GUIDELINES-** Please use these guidelines while you meet to ensure a safe growing environment. The leader ensures throughout the group meeting that these guidelines are met. If you have a member that needs more personalized attention, set up an appointment outside of group time.

- **Safe Environment-** This needs to be a place where people feel comfortable opening and sharing with one another. Below are some Lifegroup guidelines that will help to create a safe environment.
- **Confidentiality-** What is said at group, stays at group.
- **Listen-** Let's value one another during the discussions by really listening to what is being shared. Try to avoid thinking about how you will respond or what you are going to say next.
- **Pause-** Allow a pause in conversation after someone shares. Give the person sharing a chance to finish and the group the opportunity to consider what was just shared before responding.
- **Silence-** It is important to allow silence in the group as it provides an opportunity for someone to share and members of the group to process the topic or question being considered.
- **No "Cross Talk"-** Be considerate of others as they are sharing- no side conversations.
- **No Fixing-** We are not here to fix each other. Jesus does that part. Give encouragement, speak truth, point to Jesus. Don't try to solve or fix each other.
- **No Rescuing-** When people are sharing something deeply personal, there can be a tendency to try to make them feel better about themselves or the situation by providing immediate condolences. This will often cause them to stop sharing. Resist the temptation to rescue people. **Point people to Jesus.**
- **Sharing-** Be sensitive about the amount of time that you share, both under sharing and oversharing.
- **Be Self Aware-** Be self-aware of how you are personally affecting the environment through your words, actions and nonverbal communication.
- **"I" Statements-** It is easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use "I" statements rather than "them", "the church", "us", "we", etc.
- **Conflict-** We will commit to resolve conflict biblically. When conflict or sin issues between group members arise, we want to make sure that we are honoring God and each other in the way we deal with these issues. The following are a few key scriptures in this regard (there are many others).