

Love Does Peace:
Controlling Anger and Living at Peace with Each Other
Matthew 5:21-26
Greg Wendschlag June 18, 2017

"The only thing that counts is faith expressing itself through love." Gal. 5:6

"Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave Himself up for us..." Eph. 5:1-2

The way it used to be:

"You have heard it said, "Do not murder and anyone who murders will be subject to judgment... anyone who calls his brother "Raca" (empty head) is answerable to the Sanhedrin" Mt. 5:21-22

The Love Does way

1. What to do when you don't like someone: Be **self-controlled**

"But I tell you that anyone who is angry with his brother will be subject to judgment...any who says, "You fool!" will be in danger of the fire of hell

- Your words reflect the condition of your heart. Angry words = **polluted heart.**

4 types of angry people

- The **Maniac** – explosive temper over quickly
- The **Mute** – a volcano that boils slowly internally
- The **Martyr** – self-pitying, depressed
- The **Manipulator** – don't get mad, get even

"Be slow to become angry, for man's anger does not bring about the righteous life that God desires." James 1:19-20

"In your anger do not sin." Eph. 4:26

2. What to do when someone doesn't like you: Repair the **broken relationship**

"If you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there...first be reconciled to your brother." Mt. 5:23-24

- How can you **worship God** when you know that you have hurt someone and it has not been repaired?
- This does not say to confront someone who has offended you. In that case, **forgive** as you have been **forgiven**.

"If it is possible, as far as it depends on you, live at peace with everyone." Rom. 12:18

3. What to do when you don't like each other: Keep **short accounts**

"Settle matters quickly with your adversary who is taking you to court" Mt. 5:25-26

- Time doesn't heal all wounds. The wound gets **more infected** if left to itself.

"Do not let the sun go down on your wrath." Eph. 4:26

"The very fact that you have lawsuits among you means that you have been completely defeated already. Why not rather be wronged? Why not rather be cheated?" 1 Cor. 6:7

7 Practical steps to keep your anger in check

1. Stop, breathe and contemplate God's **amazing grace**.
2. Be aware of **stressful, frustrating** or **hurried** situations.
3. Get some **rest**.
4. Discern the hurt **inside of you** that might be causing your anger.
5. Pray that God will bring healing to your hurt and **give you peace**.
6. Pray for **the person** you are angry at or at odds with and ask God to **bless them**.
7. See the **image of God** in each person.

"A fool gives full vent to his anger, but a wise man keeps himself under control." Prov. 29:11