



Devotion Guidelines:

1. Keep it short and interactive
2. Read the Scripture passage together.
3. Remember that Bible study is for application and transformation. Discuss how you and your family members will apply the lesson from the verses.
4. Pray for each other's requests and ask for God's help to apply what you have learned.

Read Together:

Matthew 5:21-22 *“You have heard that the ancients were told, ‘You shall not commit murder’ and ‘Whoever commits murder shall be liable to the court.’
22 But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, ‘You good-for-nothing,’ shall be guilty before the supreme court; and whoever says, ‘You fool,’ shall be guilty enough to go into the fiery hell.*

Talk Together:

1. What makes you angry? What do you do when you are angry?
2. What did Jesus mean when he said that people who are angry are as guilty as those who commit murder?
3. What did Jesus say about those who speak evil against others?
4. Knowing that angry attitudes and hurtful words we say towards others are viewed by God as murder, what would you do to keep your anger and words from getting out of control?

Conviction:

I will rely on the Holy Spirit to help me respond in peace, to think of the best in people and to speak words of life.

Application:

This week, note the times you begin to feel angry. As soon as you notice, begin to pray for God to guide your feelings, thoughts, words and actions.

Pray Together:

Dear Father, we know that the only way to deal with anger is to keep our heart and our thoughts focused on You. Fill us with joy and help us to speak words of life towards others as we depend on Your Holy Spirit moment by moment. In Jesus' Name, Amen.



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