



## Week 2, Day 5

### Teaching about Anger

*“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.*

*“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.”*

### **Matthew 5:21-24**

At The Ridge, our mission is to *help people find and follow Jesus*. As you read the next portion of this devotional, consider the **FIND** comments if you are exploring faith or helping others explore their faith. Use the **FOLLOW** section to help you take steps if you are currently following Jesus.

**FIND: Who is someone you are angry at? How can you bring peace to that relationship?**

**FOLLOW: Jesus says some difficult words to follow. Give your hurt and anger to Jesus. What is one step you are going to take today?**