

**Series:** The Sermon on the Mount

**Title:** The Heart of Anger

**Text:** Matthew 5:21-26

**Date:** November 2, 2025

“We should earnestly labor to reform all our affections, but especially anger, which is the most turbulent and violent affection if not bridled and restrained.” **John Downname, “The Cure for Unjust Anger”**

*In Matthew 5:21-26, we see three actions we can take to deal with anger in our hearts...*

1. **Listen to what \_\_\_\_\_ says, not what \_\_\_\_\_ say (vs. 21-22).**

2. **Remember...what’s going on in the \_\_\_\_\_ really matters (vs. 21-22).**

Leviticus \_\_\_\_\_

“The life of a plant is in its roots. You can damage its leaves and branches, even its stem, and the plant can still survive. But if you kill the root, you kill the plant. So, in a sense, the main life of a plant is the hidden part. That’s how anger works. The part you see is not its main life. The parts you see – red faces and quickened pulses, harsh words and forced sighs, raised voices and clenched fists – these are expressions of something deeper. Something in the roots. Something in the heart.”

**Jeremy Pierre**

3. **Don’t let anger \_\_\_\_\_ and \_\_\_\_\_ in your personal relationships (vs. 23-26).**

*Quickly deal with anger you feel...*

A. ....toward the people of the \_\_\_\_\_ (vs. 23-24).

Psalms \_\_\_\_\_

B. ....toward the people of the \_\_\_\_\_ (vs. 25-26).

“Animosity is a time bomb; we do not know when it will ‘go off.’ We must deal with it quickly, before the consequences of our bitterness get completely out of control. Most human relationships that are destroyed could have been preserved if there had been communication and action at the right time.”

**Sinclair Ferguson**

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