

**ICE BREAKER:** What's your biggest pet peeve?

**ENCOUNTER:** The world is a battlefield and as followers of Jesus we have to equip ourselves for the trials ahead. Read through Ephesians 6:10-18. Put on the armour of God. (Put some worship music on in the background) Take some time to prayerfully reflect on the armour of God.

*“Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.”*

**FOCUS:** A word on anger: Matt 5:21-26

Q1: Read through Matthew 5:17-26. What do you think those listening would've made of Jesus claiming he would fulfil the law? How does Jesus fulfil the law?

Q2: What makes you angry? Should it?

Q3: Read Matthew 21:12-13. What do we make of these verses in light of what Jesus is saying here in Matthew 5:21-26?

Q4: Discuss this quote by the Scottish author and minister William Barclay:

*“Jesus forbids **forever** the anger which broods, the anger which will not forget, the anger which refuses to be pacified, the anger which seeks revenge”*

Q5: What stops us obeying the simple and clear call of Jesus to go and be reconciled with those who have angered us?

Q6: What do you think of the story of Amish grace?

Amish Grace is the true story of how an Amish community forgives a man who kills many of their young school children. Whilst much of the world was watching through the news, the Amish community stunned the world as they forgave the killer and reached out to his wife and child. Supporting them and even going to the killer's funeral.

Watch this video if possible: <https://www.youtube.com/watch?v=uptsIngNxCY>

**ACTIVATION:**

Read Matthew 5:21-26 again to remind you of what Jesus has said. Then have a think, chat and pray in your Life Groups about what our response (activation) to these verses should be.