

Week 6 Participant: The Mountains of God

Session 6: Week of March 22, 2026

The Mountain of Peace, *Matthew 5:21-26*

Brewster Baptist Church

Opening Prayer

Merciful God, thank you for bringing us together today. As we open your Word and reflect on the teachings of Jesus, we ask that you prepare our hearts to listen and learn. Help us to be honest about our struggles, especially in the ways we experience and express anger. Teach us, through your Spirit, how to seek peace in our relationships, and how to reflect the love and grace that Christ has shown us. Give us wisdom in our conversation, humility in our hearts, and encouragement through one another. May this time together draw us closer to you and help us grow as people who bring peace into our homes, our friendships, and our communities.

In Jesus' name we pray. Amen.

Connecting Question

Think about a time when anger created tension in a relationship — with a family member, friend, or coworker. Without sharing anything too personal, what helped bring peace to that situation, or what do you wish had happened differently?

Matthew 5:21-26

²¹ “You have heard that it was said to those of ancient times, ‘You shall not murder’; and ‘whoever murders shall be liable to judgment.’ ²² But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, ‘You fool,’ you will be liable to the hell of fire. ²³ So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, ²⁴ leave your gift there before the altar and

go; first be reconciled to your brother or sister, and then come and offer your gift.
²⁵ Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. ²⁶ Truly I tell you, you will never get out until you have paid the last penny.”

Session Introduction

In this session of *The Mountains of God*, we come to what we might call the Mountain of Peace. In the Sermon on the Mount, Jesus reveals God’s nature and character in a radically new way, presenting to us a way of ethically living *in* the world but not *of* it, as representatives of his kingdom on earth. In our passage this week, Jesus takes a command from the Old Testament that everyone already knew — “You shall not murder” — and expands its meaning. He shows that God is concerned not only with outward actions, but also with the condition of our hearts.

Anger, itself, is a natural human emotion. Even Scripture acknowledges moments of righteous anger. But Jesus warns about the kind of anger that grows into contempt, bitterness, and hurtful words. What begins as anger can quickly become insults, division, and broken relationships. That’s why Jesus takes it so seriously. He is teaching that the kingdom of God is not just about avoiding extreme wrongdoing — it is about living in a way that values reconciliation, dignity, and peace.

Jesus then gives a practical instruction: if you realize that a relationship is broken, make it a priority to seek reconciliation quickly. Don’t let anger linger and grow.

This teaching reminds us that following Jesus means becoming people who pursue peace. Instead of allowing anger to control us, we are called to address conflict with humility, honesty, and grace. The goal isn’t perfection in our emotions. The goal is allowing God to shape our hearts so that peace, reconciliation, and love become the pattern of our lives.

Jesus challenges us to look honestly at anger, insults, and unresolved conflict. Instead of allowing anger to grow and damage relationships, he calls us to pursue reconciliation and peace. Today, we'll explore how anger works in our lives, why Jesus takes it so seriously, and how we can grow in responding to conflict in healthier and more Christ-like ways.

Questions for Discussion

1. How was anger expressed or handled in the family in which you grew up? Did you see anger handled appropriately or inappropriately or both? How did that shape you?
2. Why is anger such an important emotion to understand and to manage appropriately, as Jesus and the Bible teach us?
3. What's the best advice you've ever received on how to handle anger?
4. What new standard of right and wrong do you think Jesus is creating in *Matthew 5:21–26*?
5. How does Jesus link anger and murder? Why do you think he does that?

6. What are some ways you think you may still have room to grow as you handle and express anger?

Takeaway Challenge

This week, take time to reflect on any relationship where anger, tension, or unresolved conflict may still be present.

Ask God to help you take one small step toward peace. That step might be praying for that person, reaching out with kindness, offering forgiveness, or seeking reconciliation if the opportunity is right.

Jesus reminds us that pursuing peace is not just a good idea — it is part of living faithfully in God's kingdom.

Praying for Each Other

Are there any joys to celebrate, any burdens we can share?

Closing Prayer

Gracious God, you know our hearts and the emotions we carry within us. You know the moments when anger rises in us, and the ways it can damage our relationships and our peace.

Through Jesus, you have shown us a better way — the way of reconciliation, humility, and love. Teach us to pause before we speak, to listen before we judge, and to seek peace whenever conflict arises. Give us courage to repair broken relationships, and grace to forgive as we have been forgiven. Shape our hearts so that our words and actions reflect the peace of Christ.

As we leave this time together, help us become people who bring healing, understanding, and peace into the world around us.

We pray this in the name of Jesus, the Prince of Peace. Amen.