

# Sierra's Weekly Message Action Plan



## Sierra's Weekly Action Plan:

“In your anger do not sin,” Do not let the sun go down while you are still angry.  
Ephesians 4:26 & Psalm 4:4

Like the verse above, I find that many of the teachings of the Bible fall into the category of: *“easier said than done!”* In fact these struggles are really a gift. I believe they are practical reminders for us that life was not supposed to be lived on our own power. ***We were designed to rely on God in everything.*** In the Bible we discover that Jesus serves as the model and Holy Spirit gives us the power to live life as God always intended for us too!

Here are 3 reminders from Sunday:

1. Jesus affirms that the act of murder brings about deserved judgement, but ***don't allow yourself to believe that our external behavior alone is all that God is concerned with.*** The Bible says, *“People look at the outward appearance, but the Lord looks at the heart”* (1 Samuel 16:7) Jesus teaches that our actions do matter but so do our inward values & motivations. Specifically In Matthew 5:20-26, that means holding contempt or nursing ill-will towards others puts us in danger of God's judgement.

2. The clear intent of Jesus' teaching in the passage is the premium God has put on human relationships. When you know there is conflict between you and someone else, make it a priority to do your part to bring about a timely resolution.

3. The issue for most of us is that *we get angry about the wrong things*. The main cause of anger in most of our lives arises when we don't get our way or when our pride is injured. Contrast that with what you read in the Bible that gets God angry. His anger is stoked by the destruction produced by our self-serving desires and abuses of ambition and power.

I read several commentaries and sources that gave me excellent insight into Matthew 5:20-26. For anyone wanting to do more study on their own in the series we are currently doing on Sundays, without question the best resource I used was a book that Corbett put on my desk, "*Studies in the Sermon on the Mount*" by Martin Lloyd-Jones.

May you find yourself challenged by God this week and may His grace prove sufficient for all of them!

Noah