

## **WITNESS – Reaching out to others (Aim for 20 – 30 minutes)**

Heavenly Father we take upon ourselves the mantle of authority that Jesus delegates to us and in His name we speak to every household in Hungerford and say to you:

### **1 Relationships**

We bless you in the Name of the Lord. We bless your marriages that they may be strong and whole. We bless the relationship between each marriage partner that it may be loving, forgiving, merciful and strong. We bless every intergenerational relationship within each household that there may be peace and love and understanding flowing between each one.

In Jesus' name we bless every network of wholesome and supportive friendship.

### **2 Health**

We bless your health that you may be strong and well. In Jesus' name we resist any sickness or disease which seeks to invade this parish and to every person in the parish we say, be well, be strong, be healthy. To any who are sick right now we say we bless you in Jesus' name with a speedy recovery.

### **3 Wealth**

We bless your wealth that you may have plenty to replace poverty. We bless you to have enough to live and enough to give. We bless the work of your hands that whatever you turn your hand to which is wholesome may be profitable. We bless every wholesome enterprise that is conducted by you that it may prosper and be successful. We bless the local businesses that they may be successful and profitable.

### **4 Education**

We bless the local schools that they may be secure, safe places for teachers and pupils alike. We bless the children's capacity to learn and develop relationships and we bless their simple trust in Jesus that their trust may grow and become enriched.

### **5 Church**

We speak to the Church and we say we bless you in the Name of the Lord that the Holy Spirit and the Word of God may flow out from you in power. We bless the hearts of all who live in the parish that they may be quickened to hear and respond to the Voice of the Living God. We bless all who live and work here, that the overspill of the blessings of the presence of the kingdom of God may fall upon you. **Amen**

## **MATTHEW Matthew 5.21-26**

**4**

### **How to deal with anger**

## **WELCOME – Breaking the ice (Aim for 10 minutes)**

When did you last get really angry? What causes us get angry?

## **WORSHIP – Meeting the Lord (Aim for 10 – 15 minutes)**

What has been the best thing that has happened since our last meeting?

OR

When have you felt closest to God since our last meeting?

Say thank you to God

**WORD – Applying the truth**  
**(Aim for 40 – 45 minutes)**

1 How would you answer someone who claimed that getting angry is always wrong?

4 What do verses 23-26 teach us about broken relationships?

2 In verses 21,22 Jesus places murder and anger in the same category. How are they related?

5 What positive teaching does Jesus give here about how to deal with anger? In what ways does this apply to situations in our lives?

3 What are some examples of passing comments being hurtful?

6 What are some of the alternative approaches which might permit and mutually respectful conversation?

7 In practical terms, how can we avoid nursing angry feelings and so prevent them from escalating?