

**ST. BARNABAS CHURCH, SWANLAND**  
**SMALL GROUPS NOTES**

*Sharing Christ through friendship*

Week beginning 23 October 2011. 18<sup>th</sup> Sunday AFTER Trinity.

Reading: Matt 5:21-26 and Romans 14-21

Theme: The King's Speech (5) ANGER MANAGEMENT.

<b>Welcome/ icebreaker</b>	Have an open discussion about anger. What makes you angry? How do you express your anger? Is your anger ever justified? Is it ever over the top? Do you ever bottle it up? How do you feel when you let it out? Or when you keep it in?
<b>Worship</b>	Choose songs inviting Jesus to be with you as you meet. Jesus stand amongst us. (SOF303) Or ones celebrating the enormity of God's love for us. Here is love vast as the ocean (SOF168) Such love (SOF514) <b>Pray</b> that the Holy Spirit will reveal God's truth to you and for you today, as you read his word and meet him through it.
<b>Word</b> (refs.↓)	Sermon available to listen to on <a href="http://www.stbchurch.org.uk">www.stbchurch.org.uk</a> if you missed it. Click on downloads".
<b>Read</b>	Matthew 5:21-26. Put into your own words
<b>What do you see?</b>	
<b>Matthew 5 21-26</b>	Think how this story was understood by the hearers. If Jesus was here today what illustrations would he have from our legal system? What is the paradigm shift that Jesus invites us to see? What is "law" then in the new dispensation?
	If all the rules and regulations of the Jewish Law were impossible to keep, how is it that we can keep to the new principles which Jesus introduced? The Jewish Kingdom versus the Kingdom of Heaven.
<b>Romans 12: 14-21</b>	Who is the judge and how does he judge?
<b>I John 4:19</b>	We love because he first loved us. Our 'obedience' is a response to His love, not for fear of the consequences. He makes it possible by the transformation of our hearts.
	Pray for the same Holy Spirit of Jesus to come, to re-fill us with everything we need to help us shine in the darkness of this generation. Pray as the Holy Spirit leads.
<b>Witness</b>	How will we react when - not if – we feel angry this week?