



**September 22, 2024**  
**THE CURRICULUM**  
“Angry No Mōre”  
Matthew 5:21-26  
Ryan Paulson, Lead Pastor

Anger is our response to not getting what we \_\_\_\_\_,  
think we \_\_\_\_\_, or feel like we \_\_\_\_\_.

Getting \_\_\_\_\_ is \_\_\_\_\_,  
living \_\_\_\_\_ is a \_\_\_\_\_.

- Raca = \_\_\_\_\_
- Mōre = \_\_\_\_\_

Don't just aim to \_\_\_\_\_,  
train to \_\_\_\_\_ from your heart.

- 1 Take your \_\_\_\_\_.
- 2 Own your \_\_\_\_\_.
- 3 Pursue \_\_\_\_\_.

Living \_\_\_\_\_ with  
living in the \_\_\_\_\_.

**3-2-1 Growth Challenge:**

**Gather with 3 people**

**Ask each other 2 questions**

1. What is Jesus saying to you through this passage?
2. How do you feel about what he's saying?

**Commit to 1 act of obedience**

Need more room to add notes? See the back side of this sermon outline.

Helpful links: [efcc.org/sermons](https://efcc.org/sermons) | [efcc.org/devos](https://efcc.org/devos) | [efcc.org/podcasts](https://efcc.org/podcasts)

**Additional sermon notes ...**

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**Take Your Next Step!**

*Thank you for attending Emmanuel Faith today! If we can help you in any way, contact us at [welcome@efcc.org](mailto:welcome@efcc.org). To connect more, or to go deeper here, see some ways to take a next step below . . .*

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*Helping others through volunteering* gives us a greater sense of meaning and brings great joy both to us and those we help. Join a team and come serve at EFCC.



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Anger is our response to not getting what we **want**, think we **need**, or feel like we **deserve**.

Getting **angry** is **inevitable**, living **angry** is a **choice**.

- Raca = **empty head**
- Mōre = **empty soul**

Don't just aim to **avoid murder**, train to **eliminate hatred** from your heart.

1. Take your **anger seriously**.
2. Own your **part honestly**.
3. Pursue **reconciliation immediately**.

Living **angry is incompatible** with living in the **Kingdom of God**.