

# Living Connections Bible Study



## High Cost of Getting Even

### Prayer

**Text:** Matthew 3:13 -4:11

**Icebreaker:** Has there been a time in your life when interpersonal conflict and feelings of anger, vengeance, jealousy, stress, worry and fear made you sick?

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1. What wonderful promise did God give Israel if they would follow and obey His directions? Exodus 15:26

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2. What supernatural counsel did Jesus give His disciples for getting along with others, including our enemies? Luke 6:27-37

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3. What practical benefits do we gain by following Jesus' directions?

Matthew 5:16

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Romans 12:17-21

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Proverbs 25:21-22, Matthew 5:11-12

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1 Peter 2:12

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Matthew 5:44-45

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James 1:2-4

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1 Peter 1:6-7

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John 5:6

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5. Why do our bodies become sick when we harbor grudges and resentment against others? How do feelings of hatred, fear, mistrust, anxiety, contempt, resentment, envy, jealousy, and guilt affect us physically, mentally and spiritually?

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6. How can hate and vengeful thinking ruin a good meal, your work environment, a tropical vacation, and a good night of sleep? Proverbs 15:17

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7. How did our Lord and Stephen, the first Martyr, respond to those who killed them? Luke 23:34; Acts 7:59-60

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8. What four things does Matthew 5:44 instruct us to do for our enemies?

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9. What promise does God make to us when we are willing to confess our faults and forgive one another? James 5:16

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**Think about it this week:**

*If selfish people try to take advantage of you, cross them off your list, but don't try to get even. When you try to get even, you hurt yourself more than the other person.*

~ Sign in Milwaukee Police Department

*Very often it's not what you eat that makes you sick, but it's what's eating you.*